

How to calculate the labor cost for electrical distribution boxes

Overview

Multiply total hours by your labor rate (what you pay per hour including burden). For a journeyman at \$35/hour with 30% burden (taxes, insurance, benefits): loaded rate = \$45. A 12-hour job costs \$546 in labor. Add 15-30% for overhead (truck, tools, office). An estimate is only as good as the information it is based on, and the NECA Manual of Labor Units (MLU) has been the estimating resource of choice for electrical contractors since 1923. The MLU provides an experience-based reference for estimating the electrical construction labor required to. This Electrical Labor Cost Calculator allows you to accurately estimate the cost of labor for a given electrical project. It takes into account factors. Buyers typically pay a broad range for replacing a distribution box, driven by box size, amperage, wiring runs, and local labor rates. Supports US (USD), Canada (CAD), and UK (GBP) markets with region-specific electrical components and standards. Labor rates: Based on 2025-2026 national averages for licensed electricians (\$65-\$125/hr).



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The following productivity rates reflect industry-typical ranges based on BLS occupational data and published trade productivity surveys for residential electrical work.

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