FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL								
OMB Number:	3235-0287							
Estimated average burden								
hours per response.	0.5							

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

	2. Issuer Name and Ticker or Trading Symbol LABOR READY INC [LRW]	S. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner
(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 07/19/2007	Officer (give title Other (specify below)
	4. If Amendment, Date of Original Filed (Month/Day/Year)	Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person
		Form filed by More than One Reporting Person
98401		
(Zip)		
	98401	METAL LABOR READY INC [LRW] 3. Date of Earliest Transaction (Month/Day/Year) 07/19/2007 4. If Amendment, Date of Original Filed (Month/Day/Year)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned											
1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
			Code	v	Amount (A) o		Price	(Instr. 3 and 4)		(Instr. 4)	
Common stock	07/19/2007		М		40,000	Α	\$12	133,192	D		
Common stock	07/19/2007		S		400(1)	D	\$27.89	132,792	D		
Common stock	07/19/2007		S		4,600(1)	D	\$27.98	128,192	D		
Common stock	07/19/2007		S		400(1)	D	\$27.6	127,792	D		
Common stock	07/19/2007		S		100(1)	D	\$27.05	127,692	D		
Common stock	07/19/2007		S		400(1)	D	\$27.9	127,292	D		
Common stock	07/19/2007		S		200(1)	D	\$27.47	127,092	D		
Common stock	07/19/2007		S	T	100(1)	D	\$27.84	126,992	D		
Common stock	07/19/2007		S	T	100(1)	D	\$27.57	126,892	D		
Common stock	07/19/2007		S		100(1)	D	\$28.05	126,792	D		
Common stock	07/19/2007		S		100(1)	D	\$27.37	126,692	D		
Common stock	07/19/2007		S		100(1)	D	\$27.17	126,592	D		
Common stock	07/19/2007		S		1,400(1)	D	\$27.96	125,192	D		
Common stock	07/19/2007		S		200(1)	D	\$27.86	124,992	D		
Common stock	07/19/2007		S		200(1)	D	\$27.44	124,792	D		
Common stock	07/19/2007		S		700(1)	D	\$27.95	124,092	D		
Common stock	07/19/2007		S		100(1)	D	\$28.06	123,992	D		
Common stock	07/19/2007		S		200(1)	D	\$27.45	123,792	D		
Common stock	07/19/2007		S		100(1)	D	\$28.14	123,692	D		
Common stock	07/19/2007		S		200(1)	D	\$27.87	123,492	D		
Common stock	07/19/2007		S		700(1)	D	\$27.94	122,792	D		
Common stock	07/19/2007		S		100(1)	D	\$27.42	122,692	D		
Common stock	07/19/2007		S		100(1)	D	\$27.92	122,592	D		
Common stock	07/19/2007		S		200(1)	D	\$27.72	122,392	D		
Common stock	07/19/2007		S		300(1)	D	\$27.91	122,092	D		
Common stock	07/19/2007		S		300(1)	D	\$27.64	121,792	D		
Common stock	07/19/2007		S		100(1)	D	\$28.13	121,692(2)	D		

	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)														
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transac Code (In 8)		Derivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)		
Options (Right to buy)	\$12	07/19/2007		M			40,000	12/15/2005 ⁽³⁾	03/17/2009	Common stock	40,000	\$0	6,895	D	

Explanation of Responses:

- $1.\ Sales\ effected\ pursuant\ to\ preplanned\ trading\ program\ designed\ to\ meet\ the\ requirements\ of\ Rule\ 10b5-1.$
- 2. As of June 30, 2007, Mr. Sambataro also indirectly owned approximately 11,279 Labor Ready shares in the Labor Ready 401(k) plan. These shares are not included in the 93,192 shares shown as owned directly in Table 1.
- 3. This stock option was granted on March 17, 2004. The stock option agreement originally provided that the option would vest on March 17, 2007. However, on December 15, 2005, the Board of Directors of Labor Ready, Inc. approved that all stock options owned by Mr. Sambataro be fully vested as of that date.

Remarks:

Form 1 of 2

Matthew S. Topham, Attorney-in- <u>07/23/2007</u>

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.