

Be wise, stay safe and healthy at work.

Your employer keeps you safe by:

- Identifying job hazards.
- Insisting on safe work practices.
- Training all employees.
- Protecting you from unsafe jobs.
- Complying with all youth employment and occupational safety and health laws.



Common job hazards include:

- Elevated work areas.
- Chemicals.
- Motor vehicles.
- Heavy, bulky objects.
- Sharp equipment or tools.
- Wet, slippery or cluttered walking/working areas.
- Machinery, electrical equipment.
- Hot or cold working areas.
- Loud noises.

Work safely by:

- Knowing your workplace rights.
- Talking with your parents.
- Talking to the boss about the job.
- Following safety rules:
 - Get job training;
 - Use personal safety equipment;
 - Be alert to people and things;
 - Follow safe job practices;
 - Do not rush or take shortcuts;
 - Stay sober and drug-free;
 - Ask questions;
 - Report unsafe conditions.



Occupational Safety and Health Administration

U.S. Department of Labor

www.osha.gov/teens

(800) 321-OSHA

(TTY) 877-889-5627

OSHA standards apply to all employees regardless of age. Comply with all youth employment laws.

What's the scoop on working before 18?

At 13 or younger, you can:

- act or perform
- babysit
- deliver newspapers

When 14 or 15, you can work in a:

- amusement park
- office
- gas station
- restaurant
- movie theatre
- retail store
- 3 hours on a school day
- 8 hours on a non-school day
- 18 hours during a school week
- 40 hours during a non-school week

You cannot work:

- during school hours
- before 7 a.m. or after 7 p.m. (9 p.m. between June 1 to Labor Day)

When 16 or 17, you can:

- work any hours
- work in any job that is not hazardous

You cannot work in:

- demolition
- meatpacking
- excavation
- mining
- logging
- roofing

You cannot work with:

- explosives
- saws
- radioactive materials
- certain power-driven machines; or
- operate a forklift

Most driving is prohibited.

At 18, these job restrictions no longer apply.



U.S. Department of Labor
Wage and Hour Division
www.Youthrules.dol.gov
866-4US-Wage
(TTY) 877-889-5627

Different rules apply to farms, and
State laws may be stricter.