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;
  - Stay sober and drug-free;
  - Ask questions;
  - Report unsafe conditions.

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

www.osha.gov/teens
(800) 321-OSHA
(TTY) 877-889-5627
At 13 or younger, you can:
• act or perform
• babysit
• deliver newspapers

When 14 or 15, you can work in a:
• amusement park
• gas station
• movie theatre
• 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
• excavation
• logging

You cannot work with:
• explosives
• 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.