

Your employer must keep you safe by:

- Protecting you from unsafe jobs.
- Identifying and correcting job hazards.
- Training you about job hazards in a language that you can understand.
- Complying with all youth employment and occupational safety and health laws.
- Not punishing or retaliating against you for complaining about health and safety hazards.



Your employer must protect you from common job hazards that include:

- Falls from working from heights.
- Dangerous chemicals.
- Lifting heavy objects.
- Powered equipment or tools.
- Wet, slippery or cluttered work areas.
- Machinery, electrical equipment.
- Loud noises.

What you can do:

- Speak up; Ask questions; Ask for help.
- Report unsafe conditions to your supervisor.
- Talk to your teacher, parent, or a coworker about your job.
- Know your workplace rights. Go to www.osha.gov/workers.html.
- Follow the safety rules.
- Use personal safety equipment provided.
- Be alert to what is going on around you.
- Never bypass the safety features of equipment or take shortcuts.

If you have questions, call OSHA.

We are here to help.

Call us.

It's confidential.



**Occupational Safety
and Health Administration**

U.S. Department of Labor

www.osha.gov/teens

(800) 321-OSHA (6742) (TTY) 877-889-5627

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

You can work up to:

- 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 through 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 or ride on 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.