



## **What Jobs Can I Do?**

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### **When you are 13 or younger ...**

You can baby-sit, deliver newspapers or work as an actor or performer.

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### **When you turn 14 ...**

You can work in an office, grocery store, retail store, restaurant, movie theater or amusement park.

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### **When you turn 16 ...**

You can work in any job that is not hazardous.

Youth cannot work in mining, logging, meatpacking, roofing, excavation or demolition. You cannot drive a car or forklift.

You cannot work with saws, explosives, radioactive materials or most power-driven machines.

## **When Can I Work?**

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**If you are 14 or 15,  
you can work ...**

Outside school hours

After 7 a.m. and until 7 p.m.  
during the school year  
(9 p.m. in the summer)

3 hours on a school day  
18 hours in a school week  
8 hours on a non-school day  
40 hours in non-school week

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**If you are 16 or older,  
you can work any hours**

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## **To Find Out More**

**Visit us on the Internet**

**[youthrules.dol.gov](http://youthrules.dol.gov)**

**U.S. Department of Labor  
Wage and Hour  
Toll-Free Help Line  
1-866-4US-Wage  
(TTY: 1-877-889-5627)**

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