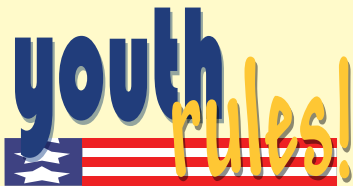


youth rules!



What Jobs Can I Do?

When you are 13 or younger ...

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

When you turn 14 ...

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

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?

**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

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

To Find Out More

Visit us on the Internet

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.