JODS youth may perform

any job not declared hazardous

hazardous hazardous jobs are: mining, logging, meatpacking, roofing, excavation, demolition, operating a motor vehicle or forklift, working with saws, explosives or most power-driven machines, working with radioactive materials)



office work
grocery stores
retail stores
restaurants
movie theaters



babysit
deliver newspapers
work as an actor or performer



up to 3 hours a day/
18 hours in a school week
up to 8 hours a day/
40 hours in a non-school week

youth may

all work must be performed

between 7am and 7pm, except from June 1 through Labor Day when evening hours are extended to 9pm



Different rules apply to farms, and State laws may have stricter rules. www.youthrules.dol.gov 1.866.487.9243