

## **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](http://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](http://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](http://www.Youthrules.dol.gov)  
866-4US-Wage  
(TTY) 877-889-5627**

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