



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 are 14 or 15...

You can work in a variety of specified non-manufacturing and non-hazardous jobs under certain conditions.

When you are 16 or 17...

You can work in any job that has not been declared hazardous by the Secretary of Labor.



For more information on the specific jobs you can and can't do, visit

www.youthrules.gov/know-the-limits



TO FIND OUT MORE:



Visit youthrules.dol.gov

U.S. Department of Labor

1-866-4US-WAGE

(1-866-487-9243)



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



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.
(9 p.m. from June 1st – Labor Day)

3 hours on a school day,
including Fridays

18 hours in a school week

8 hours on a non-school day

40 hours in a non-school week



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

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