

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

Information taken from youthrules.dol.gov
U.S. Department of Labor
1-866-4US-Wage

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