

# J O B S

YOUTH MAY  
PERFORM

AGES 13 & YOUNGER  
babysitting  
delivering newspapers  
acting or performing

AGES 14 & 15

working in an office,  
grocery store, retail store,  
restaurant, movie theater  
or amusement park

AGE 16 & 17

any job not  
declared hazardous  
(youth under age 18 cannot work in:  
mining, logging, meatpacking,  
roofing, excavation, or demolition.  
They cannot drive a car or forklift,  
work with saws, explosives, radioactive  
materials or most power-driven machines.)

# H O U R S

YOUTH MAY  
WORK

UNDER AGE 16 MAY WORK:

3 hours a day/18 hours a week  
during the school week  
8 hours a day/40 hours a week  
during non-school weeks

All work must be performed 7am - 7pm,  
except between June 1 and Labor Day, when  
evening hours are extended to 9pm

OVER AGE 16 MAY WORK:

with no time restrictions on hours worked



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

[www.youthrules.dol.gov](http://www.youthrules.dol.gov)

1.866.487.9243