

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
1.866.487.9243