



Young Workers

Roughly 104,600 workers between the ages of 15 and 19 were injured on the job in 2017. Teens and parents should know that teens have the right to a safe and healthy workplace.

Be Safe at Work by Following These Tips:

- Ask your employer safety-related questions.
- Take part in safety training at work.
- Follow basic safety guidelines at work.
- Check with your employer's occupational safety and health professional if you have a concern.
- Be aware of your surroundings.
- Know your rights and responsibilities.

New Job Questions

- Do I need to wear safety equipment?
- Do you have safety meetings?
- Are there hazards I should be aware of, such as noise and chemicals?
- Do you have an emergency plan in place? Will I be trained in emergency procedures?

The Fair Labor Standards Act restricts the jobs teens under the age of 18 can hold and the hours they can work. The 1970 Occupational Safety and Health Act requires employers to provide safe and healthy work environments for teens and all workers.

Safety Responsibilities

To work safely:

- Follow all safety rules and instructions.
- Use safety equipment and protective clothing when needed.
- Look out for co-workers.
- Keep work areas clean and neat.
- Know what to do in an emergency.
- Report any health and safety hazard to your supervisor.

It is Illegal for Workers Under 18 To:

- Drive a motor vehicle as a regular part of the job.
- Operate a forklift.
- Operate many types of powered equipment such as circular saw, box crusher, meat slicer or bakery machine.
- Work in wrecking, demolition, excavation or roofing.
- Work in mining, logging or a sawmill.
- Work in meat-packing or slaughtering.
- Work where there is exposure to radiation.
- Work where explosives are manufactured or stored.

Workers Ages 14 and 15 May Not:

- Bake or cook on the job, except at a serving counter.
- Operate power-driven machinery, except certain types which pose little hazard such as those used in offices.
- Work on a ladder or scaffold.
- Work in warehouses, construction, building or manufacturing.
- Load or unload a truck, railroad car, or conveyor.

Source: National Institute for Occupational Safety & Health

Safety tips developed based on generally accepted safety standards believed to be reliable at the date of publication. Information is for general guidance only and should not be relied upon for legal compliance purposes.

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