

WHEN AND WHERE IS YOUR TEEN ALLOWED TO WORK?



Every year, millions of teens work in part-time or summer jobs. Early work experiences can be rewarding for young workers, providing great opportunities to learn important skills. However, the jobs that teens do should not jeopardize their health or well-being.

The U.S. Department of Labor's YouthRules! initiative promotes positive and safe work experiences for young workers by educating parents, teens, employers, and educators about the types of jobs teens can hold and the number of hours they can work.

14- and 15-Year-Olds Can Work:

- Outside school hours
 - After 7 a.m. and until 7 p.m. (hours are extended to 9 p.m. June 1 through Labor Day)
 - Up to 3 hours on a school day
 - Up to 18 hours in a school week
 - Up to 8 hours on a non-school day
 - Up to 40 hours in a non-school week
- Once teens reach 16 years of age, they can work any hours.

Jobs Teens Can Perform:

- Youth 13 years old or younger can baby-sit, deliver newspapers, or work as actors or performers.
- 14- and 15-year-olds may work in a variety of jobs including those located in offices, grocery stores, retail stores, restaurants, movie theaters, amusement parks, baseball

parks or gasoline service stations. However, they are prohibited from working in jobs declared hazardous by the Secretary of Labor.

- 16- and 17-year-olds can work in any job that hasn't been declared hazardous. There are 17 [hazardous jobs](#) young workers under the age of 18 are prohibited from doing. Some of these jobs include mining, meat and poultry packing or processing, operating power-driven bakery machines, balers, compactors, or paper-product machines, working in roofing or on or near a roof, and excavation operations. Most driving as part of a teen's job is also prohibited.

Once a youth reaches 18 years of age, he or she is no longer subject to the federal child labor laws. Different rules apply to [youth employed in agriculture](#). [States](#) may also have different laws.

For more information, including what jobs are considered hazardous, visit YouthRules.dol.gov or call the Department's toll-free number at 1- 866-4US-WAGE to speak directly with a trained [Wage and Hour Division](#) professional who will be happy to answer your questions.