YouthRules!

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 are 14 or 15...

You can work in a variety of specified non-manufacturing and non-hazardous jobs under certain conditions.

When you are 16 or 17...

You can work in any job that has not been declared hazardous by the Secretary of Labor.

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For more information on the specific jobs you can and can't do, visit
www.youthrules.gov/know-the-limits

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TO FIND OUT MORE:

Visit **youthrules.dol.gov**

U.S. Department of Labor
1-866-4US-WAGE
(1-866-487-9243)

WHD

YouthRules!

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

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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.
(9 p.m. from June 1st – Labor Day)

3 hours on a school day, including Fridays

18 hours in a school week

8 hours on a non-school day

40 hours in a non-school week

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If you are 16 or older, you can work any hours

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