



WHAT JOBS CAN I DO?

If you are 13 or younger:

You can baby-sit, deliver newspapers, or work as an actor or performer.

If you are 14 or 15:

You can work in specific non-hazardous jobs in non-manufacturing industries under certain conditions.

If you are 16 or 17:

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



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



TO FIND OUT MORE:





**Different rules apply
to farms. Your state may
have stricter rules.**



WHEN CAN I WORK?

**If you are 14 or 15, you
can work ONLY:**

- Outside school hours
- Between 7 AM and 7 PM*
(*until 9 PM from June 1st-Labor Day)
- 3 hours on any school day
- 8 hours on any non-school day
- 18 hours in any school week
- 40 hours in any non-school week



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

TO FIND OUT MORE:



 
WAGE AND HOUR DIVISION

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