Snapshot for Teen Workers
*Child Labor Laws*

**Do:**

Follow all Child Labor Laws that are applicable for your age including:

- Hours restrictions – apply to 14 & 15 year old workers
- Job restrictions.

If you are younger than 18, you may not work in any occupations identified by the Secretary of Labor as a Hazardous Occupation.


**Don’t:**

Work in or with the following identified “Hazardous Occupations” that may occur in restaurant work.

- Drive a motor vehicle or be an outside helper on a motor vehicle.
- Use a power-driven hoisting apparatus or forklift.
- Work in meat packing or processing (including the use of power-driven meat slicing machines).
- Operate power-driven bakery machines (including mixers).
- Operate power-driven paper product machines.

*Some exemptions do exist:*