

Jobs that teens **CANNOT** do

14 and 15 year-olds **CANNOT**:

- Load or unload trucks or conveyors.
- Maintain or repair buildings.
- Work in boiler rooms or engine rooms.
- Wash outside windows or do any work standing on a window sill, ladder, scaffold, or similar equipment.
- Work in warehouses, operate a motor vehicle or do construction work.

16 and 17 year-olds **CANNOT**:

- Drive a motor vehicle or be an outside helper on a motor vehicle.
- Operate power-driven woodworking machines.
- Work around radioactive substances.
- Operate power-driven hoisting apparatus, metal-forming, punching, and shearing machines.
- Operate power-driven circular saws, band saws, and guillotine shears.
- Work in demolition, excavation, or roofing operations.

For more information about age or hour restrictions for teenagers, call the Labor Standards Section.
501-682-4534



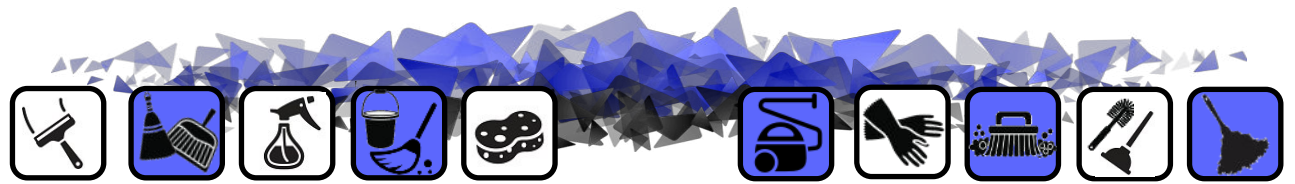
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Here are some things YOU can do to keep from getting hurt at work:

Know and follow all the safety rules and work procedures - they're there because someone has already been hurt doing that.

Use all work equipment and safety equipment correctly - ask your supervisor if you have any questions about doing it right.

Look out for your co-workers - so they won't get hurt either.

Know what to do in emergency situations.

Tell your supervisor if you see something that is unsafe.

Don't do any jobs you haven't been trained to perform.

HAZARD

HOW TO BE SAFE

<p style="text-align: center;">Falls</p>	<ul style="list-style-type: none"> ◆ Don't run or jump up on or off of elevated areas. ◆ Remember that wet floors are slick. ◆ Keep aisles, doorways, and stairs clear. ◆ Watch where you are going. Surprises are around every corner. ◆ Keep extension cords out of aisles and other paths of travel. ◆ Use ladders to change light bulbs, not a chair, box, or table.
<p style="text-align: center;">Electrocution</p>	<ul style="list-style-type: none"> ◆ Don't use electrical equipment that is damaged OR has a damaged cord. ◆ Don't clean equipment until it has been disconnected from the power supply.
<p style="text-align: center;">Chemical Exposure</p>	<ul style="list-style-type: none"> ◆ Know the hazards of the chemicals you use. ◆ Know the procedures for using the chemicals properly. ◆ Don't use different chemicals together or mix chemicals together. ◆ Wear the personal protective equipment that is designated for that chemical.
<p style="text-align: center;">Bloodborne Diseases</p>	<ul style="list-style-type: none"> ◆ Don't touch someone else's blood or needles. ◆ Only people who are trained in bloodborne pathogens and proper procedures can clean up blood. ◆ Wear liquid-resistant gloves if you have to clean up bloody messes.
<p style="text-align: center;">Back Injuries</p>	<ul style="list-style-type: none"> ◆ Get help when lifting heavy, awkward, or bulky things. Use the buddy system. ◆ Don't bend over or twist when lifting. ◆ Don't try to carry too much.