

Jobs that teens **CANNOT** do

14 and 15 year-olds CANNOT:

- Work in manufacturing, mining, logging, communications or public utilities, construction, railroad, or warehousing and storage, or processing industries.
- Load or unload trucks or conveyors.
- Operate or assist with hoisting apparatus or any power-driven machinery other than office machines.
- Do work while elevated above floor level. No standing on a window sill, ladder, scaffold, or similar equipment.
- Operate motor vehicles or service vehicles.
- Work around poisonous chemicals.

16 and 17 year-olds CANNOT:

- Work in logging, sawmills, meatpacking, mining, roofing, or excavation operations.
- Operate power-driven woodworking machines.
- Work in the manufacturing of brick or tile.
- Ride on power-driven open elevators and other hoisting devices.

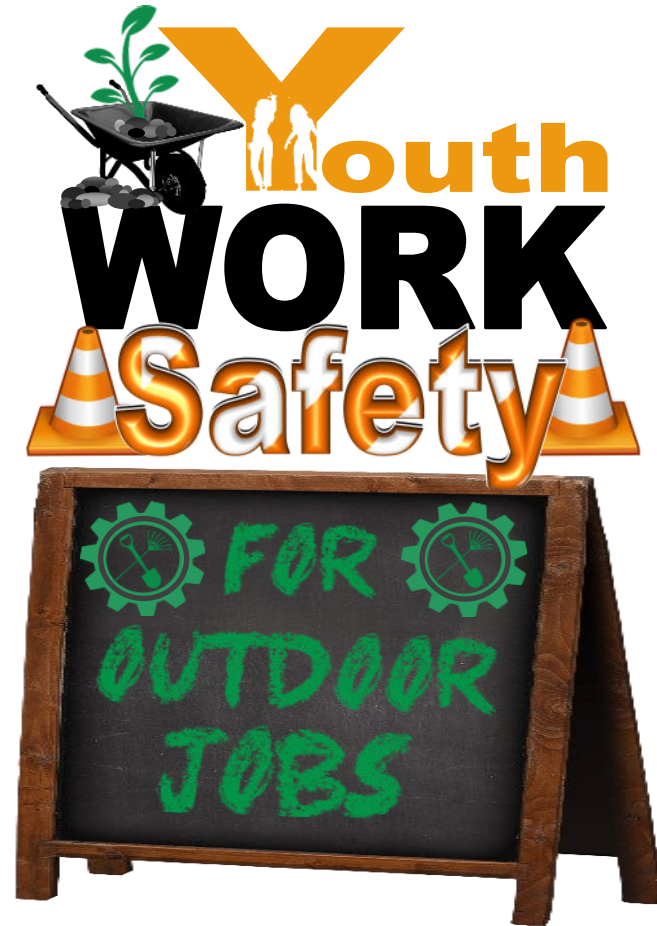
For more information about age or hour restrictions for teenagers, call the Labor Standards Section.
501-682-4534



Arkansas Department of Labor and Licensing

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Sarah Huckabee Sanders, Governor
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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

Falls	<ul style="list-style-type: none"> ◆ When you're working, walk, don't run. ◆ Don't jump up on or off of elevated areas. ◆ Always watch where you are going as the ground can hide many hazards. ◆ Don't carry things in front of your face, so you can't see where you're going.
Electrocution	<ul style="list-style-type: none"> ◆ Don't operate any equipment unless you're authorized to use it. ◆ Don't clean equipment until it has been disconnected from the power supply.
Chemical Hazards	<ul style="list-style-type: none"> ◆ Don't use any chemicals until you have been trained in their safe use. ◆ Don't use different chemicals at the same time or mix chemicals together.
Bloodborne Diseases	<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.
Back Injuries	<ul style="list-style-type: none"> ◆ Don't try to pick up heavy, awkward, or bulky things by yourself. Use the buddy system. ◆ Don't bend over or twist when lifting. ◆ Don't try to carry too much.
Violent Crimes	<ul style="list-style-type: none"> ◆ Don't work alone or isolated from others.
Traffic	<ul style="list-style-type: none"> ◆ Watch for traffic when working close to any roadway. Always assume they don't see you.
Heat	<ul style="list-style-type: none"> ◆ Drink lots of water or electrolyte replacement drinks (not soda). ◆ Wear light-weight, loose-fitting, breathable clothing (like light cotton). ◆ Take short breaks in the shade.