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:
Visit www.youthrules.gov
U.S. Department of Labor
1-866-4US-WAGE
(1-866-487-9243)
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

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

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