

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 (including lawnmowers).
- 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

900 West Capitol Avenue, Suite 400

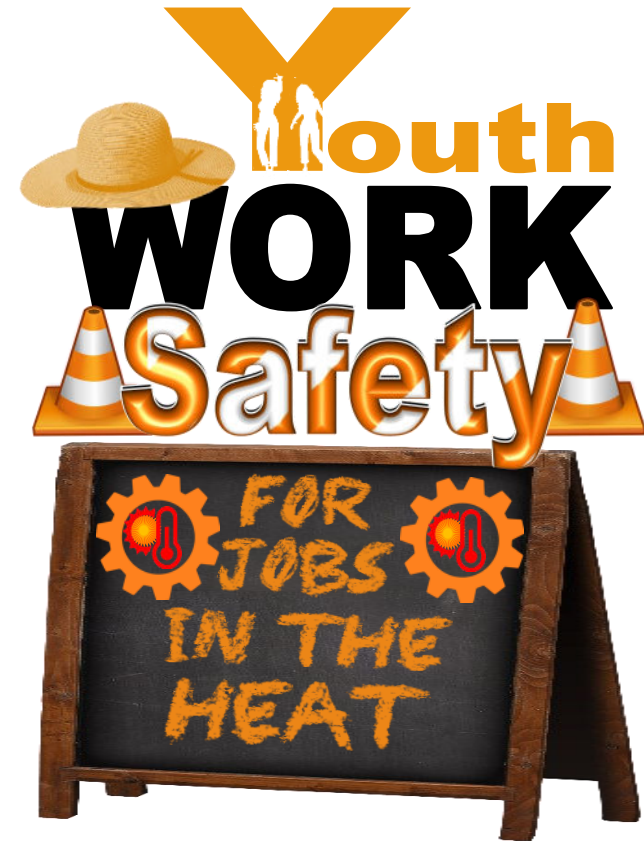
Little Rock, Arkansas 72201

Phone: 501-682-4500

Fax: 501-682-4532

Sarah Huckabee Sanders, Governor
Daryl E. Bassett, Cabinet Secretary
Ralph T. Hudson, Director, Division of Labor

www.labor.arkansas.gov





The combination of **heat, humidity, and physical work** can be a serious health threat during the summer months.

When the body is unable to cool itself through sweating, serious heat illnesses could occur. Untreated, **heat exhaustion** could lead to **heat stroke** and possibly **death**.

Here's how to beat the heat:

- Drink plenty of water and/or electrolyte replacement drinks. Drink before you're thirsty (about a cup every 15 to 20 minutes).
- Wear light-weight, light-colored, loose-fitting, breathable clothing – cotton is good.
- Take frequent short breaks in the cool shade. Perform the heaviest work during the coolest part of the day.
- Eat smaller meals before working in hot environments, and avoid drinking caffeine and lots of sugary drinks like sodas.
- Check to make sure any medications you are taking don't put you at greater risk of heat-related injuries.
- Take it easy if you have to wear or use extra work gear. Your body has to work harder if you wear thick, heavy clothing, a dust mask, protective coveralls, or if you pick up or carry heavy things or push or pull objects.



Heat Exhaustion:

- Headaches;
- Dizziness;
- Weakness;
- Mood changes, like irritability, confusion, or the inability to think straight;
- Upset stomach & vomiting;
- Decreased or dark-colored urine;
- Fainting or passing out; and
- Pale, clammy skin.

What should you do?

- 1) Act immediately. If not treated, heat exhaustion can advance to heat stroke or death.
- 2) Move the victim to a cool, shaded area to rest. Don't leave the person alone. If symptoms include dizziness, lay the victim on his or her back and raise the legs 6 to 8 inches. If symptoms include nausea or upset stomach, lay the victim on his or her side.
- 3) Loosen and remove any heavy clothing.
- 4) Have the person drink cool water (about a cup every 15 minutes) unless sick to the stomach.
- 5) Cool the person's body by fanning and spraying with a cool mist of water or applying a wet cloth to the skin.
- 6) Call 911 for emergency help if the person does not feel better in a few minutes.

Heat Stroke:

- Dry, pale skin with no sweating;
- Hot, red skin that looks sunburned;
- Mood changes such as irritability, confusion, or the inability to think straight;
- Seizures or fits; and
- Unconsciousness with no response.

What should you do?

- 1) Call 911 for emergency help immediately.
- 2) Treat the heat stroke victim the same way you would treat the heat exhaustion victim.
- 3) In addition to these steps, place ice packs under the armpits and groin area.