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.

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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.