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.

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

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Sarah Huckabee Sanders, Governor
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[w w w . l a b o r . a r k a n s a s . g o v](http://www.labor.arkansas.gov)
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.

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<th>HAZARD</th>
<th>HOW TO BE SAFE</th>
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| Falls                   | ♦ 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           | ♦ 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        | ♦ 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     | ♦ 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           | ♦ 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          | ♦ Don’t work alone or isolated from others. |
| Traffic                 | ♦ Watch for traffic when working close to any roadway. Always assume they don’t see you. |
| Heat                    | ♦ 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. |