

## Jobs that teens **CANNOT** do

### **14 and 15 year-olds CANNOT:**

- Operate, set up, adjust, clean, oil, or repair power-driven food slicers, grinders, choppers, cutters, or bakery mixers.
- Load or unload trucks or conveyors.
- Work in freezers or meat coolers.
- Do work while elevated above floor level. No standing on a window sill, ladder, scaffold, or similar equipment.
- Work in boiler or engine rooms.
- Work in a warehouse.
- Operate motor vehicles

### **16 and 17 year-olds CANNOT:**

- Drive a motor vehicle or be an outside helper on a motor vehicle.
- Operate power-driven meat slicers.
- Operate power-driven woodworking machines including saws and shears.
- Operate power-driven paper product machines.
- Work on a roof.

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



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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

<p><b>Falls</b></p>	<ul style="list-style-type: none"> <li>◆ Don't run in the store.</li> <li>◆ Don't jump up on or off of elevated areas.</li> <li>◆ Keep floors as dry as possible.</li> <li>◆ Keep cabinet doors and drawers closed.</li> <li>◆ Keep aisles and doorways clear.</li> <li>◆ Always watch where you are going. Surprises are everywhere.</li> <li>◆ Don't carry things in front of your face where you can't see where you're going.</li> <li>◆ Never work more than 4 feet off the ground without fall protection.</li> </ul>
<p><b>Electrocution</b></p>	<ul style="list-style-type: none"> <li>◆ Don't operate any equipment unless you're authorized to use it.</li> <li>◆ Don't try to clean any equipment until it has been disconnected from its power supply.</li> </ul>
<p><b>Chemical Hazards</b></p>	<ul style="list-style-type: none"> <li>◆ Know the hazards of the chemicals you use.</li> <li>◆ Know the procedures for using the chemicals properly.</li> <li>◆ Don't use different chemicals together or mix chemicals together.</li> <li>◆ Wear the personal protective equipment that is designated for that chemical.</li> </ul>
<p><b>Bloodborne Diseases</b></p>	<ul style="list-style-type: none"> <li>◆ Don't touch someone else's blood or needles.</li> <li>◆ Only people who are trained in bloodborne pathogens and proper procedures can clean up blood.</li> <li>◆ Wear liquid-resistant gloves if you have to clean up bloody messes.</li> </ul>
<p><b>Back Injuries</b></p>	<ul style="list-style-type: none"> <li>◆ Don't try to pick up heavy, awkward, or bulky things by yourself. Use the buddy system.</li> <li>◆ Don't bend over or twist when lifting.</li> </ul>
<p><b>Violent Crimes</b></p>	<ul style="list-style-type: none"> <li>◆ Don't work alone or isolated from others.</li> </ul>