



## Young worker safety

*Learn about your right to  
stay safe on the job*



**DCBS**

Consumer and  
Business Services

Oregon OSHA

# Young worker safety

*Learn about your right to  
stay safe on the job*



# Empowering young workers

Getting your first job is an important milestone in your life, but entering the workplace can lead to unexpected risks. As a young worker, you are more likely to get hurt on the job because you have less job experience, may not be properly trained, and may not feel comfortable asking questions about safety. You are protected under the same laws as all other workers and have the right to report safety issues at work.





## Accidents in the workplace

Young workers, ages 14 to 24, face a greater risk of injury in the workplace. Dangers in the workplace can lurk everywhere and cause accidents, injuries, and even death. Most accidents for workers younger than age 18 happen in retail businesses, which include restaurants and merchandise stores. The top three causes of injuries in the workplace are being struck by equipment, falls, and overexertion from lifting and moving objects. Hazards in the workplace can range anywhere from excessive noise to chemicals and pesticides.

Be aware of these risks and listen to your gut. If something looks or feels unsafe, let your supervisor know or report the concern.

## Hours you can work

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There are limits on the hours that young workers can work depending on your age and whether or not school is in session.

Age	School not in session	
	Hours per day	Hours per week
14-15	8 hours	40 hours
16-17	No limit	44 hours

Age	School in session	
	Hours per day	Hours per week
14-15	3 hours	18 hours
16-17	No limit	44 hours

# Jobs you can't do if you're younger than 18 years old

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Child labor laws protect young people in the workforce. In Oregon, the Bureau of Labor and Industries (BOLI) regulates the employment of minors. As a minor, you, your parents, and employers should be aware of laws and regulations applying to young people and the kinds of jobs and working hours that are allowed.

Here's a [list of the jobs](#) you can't do if you're younger than 18.



**Visit: [oregon.gov/boli](https://oregon.gov/boli)**  
for more info on youth job restrictions

# Jobs young people can do:

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- Ages 13 or younger: babysit, deliver newspapers, or groom pets.
- Ages 14-15: certain jobs working in an office, grocery store, retail store, restaurant, movie theater, or amusement park. More about [jobs for ages 14-15](#) from BOLI.
- Ages 16-17: Any job not [prohibited](#) by BOLI.
- Age 18: No restrictions.

Hours youth ages 14 and 15 can work:

- After 7 a.m. and until 7 p.m. (Hours are extended to 9 p.m. June 1 to Labor Day)
- Up to 3 hours, including Fridays on a school day
- Up to 18 hours in a school week
- Up to 8 hours on a nonschool day
- Up to 40 hours in a nonschool week

## 5 common ways to get hurt on the job

1. **Trying to do work that you're not trained to do**
2. **Working for long periods without supervision**
3. **Using dangerous tools or equipment**
4. **Trying to work too quickly**
5. **Using alcohol or other drugs**



# 8 tips to be safe on the job

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## 1. Be careful with machines

Practice caution with machinery and follow these key rules:

- Use machines that are properly guarded
- Never reach into moving or energized machinery
- Don't operate machinery with high-speed moving parts, such as drill presses, while wearing gloves or loose clothing
- Never use electrical equipment while standing on a wet surface



## 2. Beat the heat



High temperatures and high humidity, combined with hard work, can lead to illness and even death. Stay out of the heat if you begin to have dizziness, headache, a rapid

pulse, nausea, vomiting, or dehydration. To help prevent heat-related illness, wear cool and comfortable clothing, take frequent breaks, use sunscreen, wear a hat, avoid caffeine, and drink plenty of water.

## 3. Dress properly

Your employer should provide you with personal protective equipment, which can include hardhats, safety shoes, safety glasses, and hearing protection. Be sure you know how to use this equipment properly. For example, use earplugs or earmuffs if you have to shout to talk to someone next to you. Wear safety glasses if you work in an area with flying particles.



## 4. Stay out of confined spaces

Confined spaces, such as tanks, pits, or crawlspaces, are full of hazards such as toxic gases or lack of oxygen. Do not enter [permit-required confined spaces](#).



## 5. Help prevent slips and falls



To prevent slips and falls, floors should be clear of spills, trash, electrical cords, and other tripping hazards. If you need to use a ladder, your supervisor should tell you how to correctly use it.

## 6. Lift loads safely

To lift objects safely, follow these steps:

- Get close to the load
- Bend your knees and keep your feet slightly spread
- Keep your head, shoulders, and hips in a straight line
- If you need to turn, move your entire body rather than twisting
- Know how much weight you can safely lift



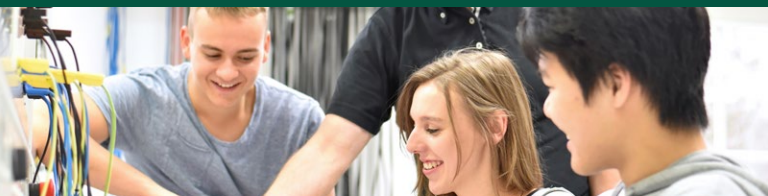
## 7. Know what to do in an emergency



Learn where the first-aid kit is in your workplace. Your employer should inform you of what to do in case of an emergency such as a fire or earthquake.

## 8. Report unsafe working conditions

Report unsafe conditions or equipment to your supervisor. If you feel that you are in danger, you probably are.





# How to report

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If you need to **report an unsafe condition or workplace**, file a complaint with Oregon OSHA.

**Oregon OSHA**

**503-378-3272**

[osha.oregon.gov](https://osha.oregon.gov)

If you have been **injured on the job**, file a claim with the Workers' Compensation Division. *Immediately tell your employer about your injury.*

**Workers' Compensation Division**

**503-947-7840**

[wcd.oregon.gov](https://wcd.oregon.gov)

If you have been **discriminated** against at work, **retaliated against** by your employer after you lawfully reported a workplace concern, or faced **issues with wages or hours**, file a complaint with the Bureau of Labor and Industries.

**Bureau of Labor and Industries**

**971-673-0761**

[oregon.gov/boli](https://oregon.gov/boli)

## Resources

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**Young worker informational page:**

[osha.oregon.gov/workers/pages/young-workers.aspx](https://osha.oregon.gov/workers/pages/young-workers.aspx)

**Young worker resources page:**

[osha.oregon.gov/pages/topics/young-worker.aspx](https://osha.oregon.gov/pages/topics/young-worker.aspx)

## Salem Central Office

350 Winter St. NE  
Salem, OR 97301-3882

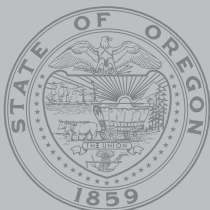
**Phone:** 503-378-3272

**Toll-free:** 800-922-2689

**Fax:** 503-947-7461

**en Español:** 800-843-8086

**Website:** [osha.oregon.gov](http://osha.oregon.gov)



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