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Respect yourself. Protect yourself.

Maine Department of Labor

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Teens — like all
workers — have the
right to a safe and
healthy workplace.

Know your rights.
Speak up if you think
there's a problem.

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Got Questions? Call toll-free

1-877-SAFE-345

www.safeteen.org

A program of the
Maine Department of Labor

**Respect yourself.
Protect yourself.**

APR 13 2006

16-17 Years Old (enrolled in school, including home-school)

You can work:

Up to 4 hours on a school day; 8 hours on the last school day of the week

Up to 20 hours in any week with 3 or more school days

Except: 8 hours each day with unscheduled school closure for a total of 28 hours that week (e.g., storm day, broken furnace, etc.)

Up to 50 hours each week with less than 3 scheduled school days, or during the first or last week of the school year

Up to 10 hours a day on weekends, holidays, vacations, teacher workshop days

No more than 6 days in a row

How early? How late?

Not before 7 a.m. on a school day

Not before 5 a.m. on a nonschool day

Not after 10 p.m. the night before a school day

Until midnight if there is no school the next day

Minors under 17 cannot work during school hours

Did you know that you can't:

operate most power machinery • serve alcohol (unless you are 17 and are supervised by someone at least 21 years of age and who is a supervisor) • drive for work on public highways • do roofing jobs • work alone in a store • do other dangerous jobs

Under 16 (work permit required!)

You can work:

Up to 3 hours a day on school days, including Fridays

Up to 18 hours in any week with one or more school days

Up to 8 hours on days without school (during weekends, holidays, vacations, storm days, etc.)

Up to 40 hours in a week with no school days

Never more than 6 days in a row

How early? How late?

Between 7 a.m. and 7 p.m.

Between 7 a.m. and 9 p.m. during summer vacations only

Not during school hours

Did you know that you can't:

cook • work as a chambermaid • climb ladders or scaffolds • use weed whackers or lawn mowers • serve or sell liquor (if you are 15 you can stock or carry it) • do other dangerous jobs • do any other jobs 16 and 17 year-olds can't do

If you are under 16, you need a work permit!

Apply at your school. You can start work only after the Maine Department of Labor approves the permit.

These are not complete lists. There are exceptions, and rules differ for farm work. For details, call the Maine Department of Labor at 1-877-SAFE-345. TTY: 1-800-794-1110 (FOR DEAF AND HARD OF HEARING).