Respect yourself. Protect yourself.

Maine Department of Labor
Know your rights. Speak up if you think there’s a problem.

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

Respect yourself. Protect yourself.

Got Questions? Call toll-free
1-877-SAFE-345
www.safeteen.org

A program of the Maine Department of Labor
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).