



You've
got your
whole
life
ahead
of
you ...



So,
play
it
safe
on
the
job!

Getting a job anytime soon?

Money isn't the only thing to think about. If you're under 18 and thinking about working in Oregon, here are a few other things you should know.

You're protected!

You're protected at work by the same laws that protect older workers — laws that cover minimum wage, overtime hours, paydays, and workplace safety.





How many hours can you work?

It depends on your age. In most cases, you have to be at least 14 to work in Oregon. If you're 14 or 15 you can't work as many hours as you can when you're 16 or 17.

It depends on whether your school is in session. You can't work as many hours on school days as you can when school isn't in session.

This table shows how many hours you can work.

Your age	When your school is in session		When your school isn't in session	
	hours per day	hours per week	hours per day	hours per week
14-15	3 hours	18 hours	8 hours	40 hours
16-17	No limit	44 hours	No limit	44 hours



What jobs can you do?

It's easier to answer the question by telling you the jobs that you can't do until you're older. Most of these jobs are off limits because the equipment or the working conditions are dangerous.

Jobs that you CAN'T DO if you're 14-15

- * Construction
- * Firefighting
- * Land clearing that involves blasting or heavy equipment
- * Logging
- * Operating amusement park rides
- * Surveying
- * Window cleaning outside and above ground
- * Wood cutting
- * Work in cold storage and ice plants
- * Work in grain elevators
- * Work in gravel or sand pits
- * Work in shops where power-driven machinery is used
- * Work on commercial docks

Jobs that you CAN'T DO if you're 14-17

- * Brick and tile manufacturing
- * Delivering messages or goods between 10 p.m. and 5 a.m.
- * Driving motor vehicles (some exceptions for 17-year-olds)
- * Excavation work
- * Logging and saw milling
- * Mining
- * Operating hoisting equipment such as elevators, cranes, and derricks, and forklifts
- * Operating power saws and shears
- * Roofing work
- * Using metal-forming equipment such as metal forming, punching, and shearing machines
- * Using power-driven bakery machines such as mixers and slicing and wrapping machines
- * Using power-driven paper products machines such as cover cutters, die cutting presses, and punch presses
- * Using power-driven woodworking machines
- * Work involving explosives
- * Work involving exposure to radioactive substances
- * Work involving meat slaughtering, packing, or processing
- * Wrecking, demolition, and shipbreaking (dismantling)

Five ways to get hurt on a 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

Eight ways to be SAFE on the job

1. Be careful with machines

Don't use machines unless they're properly guarded, and never reach inside moving machinery. Don't wear gloves or loose clothing while using machines with high-speed moving parts, such as drill presses. Never use electrical equipment when you're standing on a wet surface.



2. Beat the heat

High temperatures, high humidity, and hard work can make you ill or even kill you. Be aware of heat exhaustion (primarily from dehydration) and heat stroke, which can be fatal. Wear cool, comfortable, breathable clothing when it's hot. Wear a hat and use sunscreen if you work out in the sun. And drink plenty of fluids.

3. Stay out of confined spaces

Confined spaces are places you wouldn't want to be anyway — like tanks, pits, or crawlspaces. Confined spaces can have hazards like toxic gases, lack of oxygen, and dangerous equipment. The most hazardous confined spaces are called permit-required confined spaces and they have a sign like this: "DANGER. PERMIT-REQUIRED CONFINED SPACE, AUTHORIZED ENTRANTS ONLY."

4. Dress for success

We don't mean fancy clothes. Your employer has to provide you with any protective gear that you need to do your job and has to make sure that you use it properly. It's called PPE (personal protective equipment) and includes things like hardhats, safety shoes, safety glasses, and hearing protectors.

If you have to shout when you talk to someone next to you, it's usually too loud for work. Wear hearing protectors such as earplugs or earmuffs.

If you use chemicals or work with grinding machines, wear safety glasses to protect your eyes.

5. Lift loads safely

Know how much weight you can safely lift. If it seems too heavy to lift, it probably is. Here's the right way to lift:

- * Get close to the load.
- * Bend your knees, keep your feet slightly spread for balance and stability.
- * Keep your head, shoulders, and hips in a straight line as you lift.
- * If you need to turn, don't twist; turn your entire body, including your feet.

6. Know what to do in an emergency

There should be a first-aid kit where you work. Make sure that you know where it is. Also, make sure that you know what to do during an emergency such as a fire or an earthquake.

7. Help prevent slips and falls

Floors where you work should be clean — free of spills and trash. And electrical cords should be out of the way, so people won't trip over them.

If you have to use a ladder, your supervisor should tell you how to use it. Falls from ladders are a major cause of injuries.

8. Report unsafe conditions

You have a right to a safe workplace. If you feel that you're in danger, you probably are. Report unsafe conditions or equipment to your supervisor.



Where accidents are happening

More than half of all accidents happen in retail businesses — places such as restaurants and general merchandise stores. The top three causes of injuries are being struck by equipment, falls, and overexertion from lifting and moving things. More than 50 percent of accidents among workers younger than 18 are in retail businesses.

What to do if you get hurt

If you're injured when you're working, tell your supervisor. You have a right to paid medical treatment if you're injured on the job.



Work safe,
play hard,
live happy!



For more information call (503) 378-3272 or
Toll-free in Oregon (800) 922-2689
www.orosha.org

