Be SAFE at Work: Tips for Teens

A guide for teens, employers and parents.

STATISTICS
- Every year in the U.S., nearly 70 teenagers under age 18 die from work-related injuries
- Another 77,000 teen workers are hurt badly enough to end up in hospital emergency rooms
- Overall, more than 5,000 people die each year from on-the-job injuries and 4.4 million more suffer from injuries and illnesses in the U.S. alone

DID YOU KNOW?
- Newly-hired teens miss work most often as a result of on-the-job muscle sprains, strains or tears
- Fatigue from trying to balance work and school may contribute to injuries among young workers
- Nearly 70% of 14 to 16 year-olds injured on the job miss work, school and other activities for at least a day
- A quarter of those injured teens are sidelined for more than a week
- About one-third of fatal injuries to young workers occur in family businesses

COMMON WORKPLACE HAZARDS
- Elevated work areas
- Chemicals
- Motor vehicles
- Heavy and/or bulky objects
- Sharp equipment
- Wet, slippery or cluttered walking & working areas
- Machinery and electrical equipment
- Hot or cold working areas
- Loud noises

American Society of Safety Engineers
LEARN HOW TO BE SAFE
• Ask your employer safety-related questions
• Follow the safety guidelines at work
• Know your rights and responsibilities
• Always check with your employer’s occupational safety and health professional

EMPLOYER RESPONSIBILITIES
• Provide a safe workplace
• Know laws about working limits for teens
• Emphasize importance of safety
• Teach workers to recognize hazards and use safety practices

LAWS YOU SHOULD KNOW
U.S. Department of Labor has established two major laws protecting the safety and health of workers, including teens

The Fair Labor Standards Act: Restricts the types of jobs teens under age 18 can hold and the hours they can work.
The 1970 Occupational Safety and Health Act: Requires employers to provide safe and healthful work environments for teens and all workers.

Important information and websites:
U.S. Department of Labor’s (DOL) Youth & Labor Laws: http://youthrules.dol.gov
U.S. National Institute for Occupational Safety and Health (NIOSH), Young Worker Safety and Health Topic Page: www.cdc.gov/niosh/adoldoc.html
DOL’s Wage and Hour Division: www.dol.gov/esa/whd
Employment and Training Administration (ETA): www.doleta.gov

Founded in 1911, ASSE is the oldest and largest safety organization and is committed to protecting people, property and the environment. Visit www.asse.org for more information.