

What Work Does the Law Prohibit Teens From Doing?

The list below gives key examples of restrictions. There are other restrictions depending on the specific industry and the worker's age. There are limited exemptions for youth under 18 who are in apprenticeship and student-learner programs. Refer to the complete handbook describing all [California child labor laws](#).

In California no worker under 18 may:

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| <ul style="list-style-type: none"> • Drive a motor vehicle on public streets as part of the job, or as an outside helper on a motor vehicle. • Operate power-driven machinery: <ul style="list-style-type: none"> ○ Meat slicers ○ Bakery machines (including dough mixers) ○ Box crushers/compactors ○ Woodworking machines ○ Metalworking machines ○ Punches ○ Hoists ○ Forklifts ○ Circular saws ○ Band saws ○ Guillotine shears | <ul style="list-style-type: none"> • Handle, serve, or sell alcoholic beverages • Be exposed to radioactive substances or ionizing radiation • Work in: <ul style="list-style-type: none"> ○ Wrecking or demolition ○ Excavation ○ Logging or sawmills ○ Roofing ○ Manufacturing brick or tile ○ Manufacturing or storage of explosives ○ Mining ○ Meat packing or processing • Mix, load, or apply Category I pesticides |
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Also, no one under 16 may:

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| <ul style="list-style-type: none"> • Work in building or construction • Work in manufacturing or food processing • Do any baking or cooking on the job (except cooking at a serving counter) • Do dry cleaning or work in a commercial laundry • Work on a ladder or scaffold | <ul style="list-style-type: none"> • Work in a freezer or meat cooler • Load or unload trucks, railroad cars, or conveyors • Work in a warehouse (except as a clerical) • Dispense gas or oil • Clean, wash, or polish cars |
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What Hours May Teens Work in California?

This table shows the hours teens may work in California. Some school districts may have more restrictive regulations. Also, there are some exceptions for teens in Work Experience Education programs and for teens working in agriculture.

Work hours for teens in agriculture differ from those listed here. A complete list can be found on the [Teens in Agriculture](#) page.

	Age 14-15	Age 16-17
Work Hours	7 am to 7 pm from Labor Day to June 1st	5 am to 10 pm on school nights
	Not during school hours	5 am to 12:30 am when there is no school the next day
	7 am-9 pm from June 1st to Labor Day	
Maximum Hours When School Is in Session	18 hours a week, but not over:	48 hours a week, but not over:
	3 hours a day on school days	4 hours a day Monday-Thursday
	8 hours a day Saturday-Sunday and holidays	8 hours a day Friday-Sunday and holidays
Maximum Hours When School Is not in Session	40 hours a week	48 hours a week
	8 hours a day	8 hours a day