



# Teen Workers

## Did you know?

*Every year about 70 US teens die from work injuries and another 70,000 get hurt and need to go to the emergency room.*

## Action Plan

- Know your rights! Learn about potentially hazardous materials, safety risks, and protection in the workplace: [youthrules.gov](http://youthrules.gov)
- Be safe! Avoid unsafe practices in the workplace. Use proper safety equipment and make sure you know how to protect yourself on the job.
- If you work with chemicals, don't track them into your home.
  - Change clothes and shoes before returning home.
  - Shower before returning home or as soon as you get home.
  - Wash work clothes separately from clothing of other household members.
- Temperature extremes – both hot and cold – are becoming more common as the climate changes.

[more](#) →



- Take steps to protect yourself from heat illness if you work outside in the heat, and from frostbite if you're outside in the cold.
- Protect yourself from the sun if you're outside by seeking shade if possible, wearing lightweight clothing and hats, and using sunscreen.

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 New York State Children's  
Environmental Health Centers

 The Transdisciplinary  
Center on Early  
Medicine of  
Environmental Exposure  
Mount  
Sinai

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## Resources

To learn about the labor laws and safety regulations that protect young people in the workforce visit:

[youthrules.gov](https://youthrules.gov)

[dol.ny.gov/child-labor](https://dol.ny.gov/child-labor)

For more information visit: [nyscheck.org/rxs](https://nyscheck.org/rxs)



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