

# CHILD LABOR LAWS

Adapted from  
Child Labor Laws 29 C.F.R. § 570, Utah Code Title 34-23

## **Work Hours**

14 or 15-year-olds:

- Only outside school hours (except as authorized)
- Cannot work before 7 am or after 7 pm  
(Until 9 pm from June 1st to Labor Day)
- No more than 3 hours on any school day including Fridays
- No more than 8 hours on any non-school day
- No more than 18 hours during a week when school is in session
- No more than 40 hours during a week when school is not in session

16-year-olds:

- Only outside school hours (except as authorized)
- Cannot work before 5 am or after 9:30 pm  
(Unless the next day is not a school day)
- No more than 4 hours on any school day including Fridays
- No more than 8 hours in any 24-hour period
- No more than 40 hours in any week

## **Breaks**

Employers are required to give 14 or 15-year-olds:

- at least a 30-minute lunch break within the first 5 hours of work
- at least a 10-minute break for every 3 hours worked

## **Restricted Work**

As a 14 or 15-year-old, you may not work in, on, or with:

- Ladders 6 feet or taller
- Scaffolds or Genie Lifts
- power-driven machinery
- power-driven paper-products machines, guillotine shears
- warehousing and storage
- power-driven mowers, cutters, and trimmers
- woodworking machines

