

**Jobs teens CANNOT do:**

**14 and 15 year-olds CANNOT:**

- Work in manufacturing, mining, logging, communications or public utilities, construction, railroad, or warehousing and storage or processing industries.
- Load or unload trucks or conveyors.
- Operate or assist with hoisting apparatus or any power-driven machinery other than office machines (including lawnmowers).
- Do work while elevated above floor level. No standing on a window sill, ladder, scaffold or similar equipment.
- Operate motor vehicles or service vehicles.
- Work around poisonous chemicals.

**16 and 17 year-olds CANNOT:**

- Work in logging, sawmills, meatpacking, mining, roofing, or excavation operations.
- Operate power-driven woodworking machines.
- Work in the manufacturing of brick or tile.
- Ride on power-driven open elevators and other hoisting devices.

# THE ONLY GREAT JOB IS A SAFE JOB

Getting hurt at work can keep you from doing the things you love.



**Arkansas Department of Labor**

10421 W. Markham  
Little Rock, AR 72205-2190  
501-682-4523

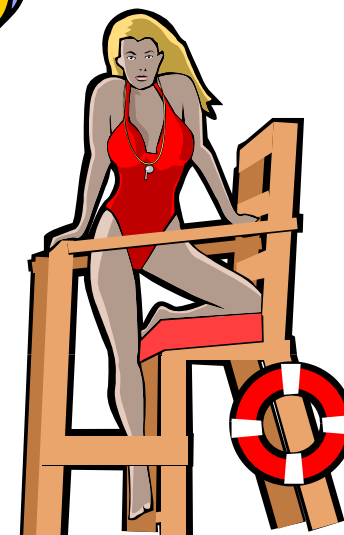
<http://www.arkansas.gov/labor>

Mike Beebe, Governor  
James L. Salkeld, Director of Labor

For information about age restrictions or hour restrictions for teenagers, call the Employment Standards Division at 501-682-4501

# U B Safe

## JOBS IN THE SUN



Environmental Hazards #2

## SUN

Sunlight contains

### Ultraviolet (UV) light radiation,

that causes premature aging of the skin, wrinkles, cataracts, and skin cancer.

The amount of damage from UV exposure depends on the strength of the light, the length of exposure, and whether the skin is protected.

*There is no such thing as "safe UV rays" or "safe suntans".*

### Skin Cancer

Sun exposure at any age can cause skin cancer. Be especially careful in the sun if you burn easily, spend a lot of time outdoors, or have any one of the following physical features:

- Numerous, irregular, or large moles;
- Freckles;
- Fair skin;
- Blonde, red, or light brown hair.

### Self-Examination

It's important to examine your body monthly because skin cancers detected early can almost always be cured. The



most important warning sign is a spot on the skin that is changing in size, shape, or color during a period of one month to one or two years.

### Skin cancers might look like:

- Pale, wax-like, pearly nodules.
- Red, scaling, sharply outlined patches.
- Sores that don't heal.
- Small, mole-like growths—melanoma, the most serious type of skin cancer.

If you find an unusual skin change like these, talk to your parents and see a health care professional immediately.

### Here's how to block those nasty UV rays:

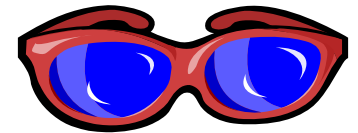
- **Cover Up.** Cover exposed skin with tightly woven clothing that you can't see through. Try this test: Place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment offers little protection.
- **Use Sunscreen.** Sunblock with a protection factor (SPF) of at least 15 will block 93 percent of UV rays. A higher SPF will protect even better. You want to block both UVA and UVB rays to guard against skin cancer. Be



sure to follow the directions on the bottle or tube.

- **Wear a Hat.** A wide brim hat (*not a baseball cap*) works best because it protects the neck, ears, eyes, forehead, nose, and scalp.
- **Wear UV-absorbent Shades.** Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation. Before you buy, read the product label.
- **Limit Exposure.** UV rays are most intense between 10 a.m. and 4 p.m. If you're unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you are, the sun's rays are the day's strongest. Try to work out of the sun as much as possible during these times.

For more information on preventing skin cancer, check out these sources:



American Cancer Society  
[www.cancer.org](http://www.cancer.org)

Centers for Disease Control and Prevention  
[www.cdc.gov/ChooseYourCover](http://www.cdc.gov/ChooseYourCover)

The Skin Cancer Foundation  
[www.skincancer.org](http://www.skincancer.org)