



# Work Restrictions for Youth Employees

Effective July 1, 2026

Employers of minors who are 14 or 15 years of age are required by law to post the maximum number of hours minors may be permitted to work each day of the week and the hours beginning and ending each day. The information must be posted in a conspicuous place or in places where notices are customarily posted.

## Hour Restrictions for 14- and 15-Year Olds

### 14- and 15-year-olds may **ONLY** work:

- 3 hours per school day
- 8 hours per non-school day
- 18 hours per school week
- 40 hours per non-school week
- No work before 7am or after 7pm
  - May work until 9pm from June 1 through Labor Day
- May NOT work during school hours

Some exceptions to these rules may apply. For more information, visit <https://www.in.gov/dol/youth-employment> or scan the QR code below.

## Prohibited and Hazardous Occupations

Employees younger than 18 years old shall not work in occupations designated as hazardous by the child labor provisions by the Fair Federal Labor Standards Act of 1938 as amended (29 U.S.C. 201, et seq.)

Learn More



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