

Teen Worker Tech Guide for the Food Service Industry and Wholesale and Retail Trade



The Dangers for Teens Working in the Service and Retail Industries

- ◆ Most teens are employed by retail shops, restaurants, and grocery stores. These also happen to be the industries where most teens are injured.
- ◆ In 2001, the wholesale and retail industry accounted for 45.6% of all non-fatal injuries among teens ages 16-19.
- ◆ That same year, the service industry accounted for 21.2% of all non-fatal injuries among teens ages 16-19.

What is OSHA?

OSHA is the Occupational Safety and Health Administration. Its role is to assure the safety and health of America's workers by setting and enforcing standards; providing training, outreach, and education; establishing partnerships; and encouraging continual improvement in workplace safety and health. OSHA is part of the federal government within the Department of Labor.

What you should know...

- ◆ Your health and safety is protected by the rules and regulations set by OSHA
- ◆ Depending on your age, you are only allowed to perform certain tasks.
- ◆ Depending on how old you are, you can only work during certain hours.
- ◆ For more information about your rights and responsibilities as a teen worker, please refer to our Teen Worker Tech Guide: Your Rights and Responsibilities: <http://www.oshainfo.gatech.edu/teen-techguide.pdf>
- ◆ Other Resources that can be found online:
 - ◆ The Occupational Safety and Health Administration website: <http://www.osha.gov/SLTC/teenworkers/index.html>
 - ◆ National Institute of Safety and Health webpage for youth: <http://www.cdc.gov/niosh/topics/youth/>
 - ◆ Department of Labor: <http://www.youthrules.dol.gov/>

Potential Hazards and Exposures

Interaction with the Public

Standing for long periods of time

Lifting, Bending, Stretching, and Reaching

Chemicals used in cleaning and dishwashing

Working in a Kitchen

Potential Effects of Exposures

Stress, Criminal Violence, Robbery

Back Injuries, Varicose Veins

Muscle Sprains and Strains

Headaches, Skin Irritation, and other health issues

Burns, Cuts, Slips, Falls, and Electric Shocks

Preventative Measures: What You Can Do

- ◆ Never Work Alone
- ◆ Request Customer Service Training
- ◆ Handle Money using Barriers
- ◆ Be aware of company procedures on how to contact help in the event of a emergency
- ◆ Be aware of the companies security system

- ◆ Wear Comfortable, Sturdy, Shoes
- ◆ Sit down and relax during breaks
- ◆ Request to rotate jobs with other employees

- ◆ Use proper lifting techniques (if you haven't been trained-request lifting training)
- ◆ Store the heaviest items between knuckle and shoulder height for easy access
- ◆ ASK FOR HELP!

- ◆ Only use chemicals you have been trained on proper usage
- ◆ Read the chemical MSDS (Material Safety Data Sheet) prior to use
- ◆ Always use the proper personal protective equipment

- ◆ Never use slicers or powered cutting equipment unless you are 18 or older, and then only if you have been trained
- ◆ Always use the proper personal protective equipment
- ◆ Clean up spills as soon as they happen

For further information, please visit the Occupational Safety and Health Division website at <http://www.oshainfo.gatech.edu>