

Working **Y**outh

age 14 - 18

There are lots of jobs in construction of buildings and roads, and in related industries such as demolition. However, construction is one of the most dangerous occupations, and much of the work is “off limits” to those under 18 years of age. There are some tasks you can do and do safely; but it is important to know the difference. Young people sometimes carry tools and building materials to the carpenters, prepare gravel or mix cement, do painting or sanding, or help out on a wide range of other tasks. Your employer is responsible for providing a safe workplace, but it is wise for you to know the dangers and what to do about them.

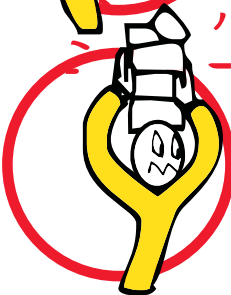
The top 3 dangers for youth



- Having something fall on you or you falling into a hole or off of a high place



- Working long hours in the hot sun



- Trying to carry materials that are too heavy

CONSTRUCTION

What YOU should do to stay safe on the job

Know the law

The rule is: No one under 18 should do hazardous work!
(Insert country name) has a law to protect young workers.
The law says:

(insert key points from the law that address: age, hours, tasks that are off limits)

-
-
-
-
-

Get trained

Your boss or supervisor must train you to do every task that's part of your job, such as how to lift heavy things or how to use tools or equipment safely, to show you what might be harmful, and never allow you to do work that is "off limits" to under 18s.

Be careful; be proud

You have a job. You are helping your family. You deserve respect from co-workers. If something seems unsafe, ask about it. If someone bothers or threatens you, ask for help. Keep your eyes open for dangers.

Remember, it is your employer's responsibility to provide a safe workplace. It is your responsibility to follow instructions and safety rules carefully.

What YOUR EMPLOYER should do so you are safe

- Ensure equipment is sturdy and safe (ladders)
- Provide equipment (wheelbarrows) to move heavy materials (wood, stone, cement)
- Make sure that there are guard rails on excavations and wall openings to prevent falls
- Keep the construction site cleaned up, removing things you might trip over or fall on
- Provide protective gear (hard hats, safety goggles, ear plugs, dust masks)
- Provide adequate ventilation for workers who are painting or using other chemicals.

TRUE STORIES

Many construction companies are eager to hire young workers, especially during busy times. In many countries, construction activities are restricted for workers under age 18. Make sure you know the laws in your country. Because there are many hazards in construction, it is really important for you to get training. Find out what to do so you do not get hurt, like these young workers did....

Antonio worked for a builder he knew. One day he was carrying a piece of lumber along the roof of a house he was working on. He backed into a chimney hole that had not been covered and fell to the concrete floor below. He survived, but spent months recovering from a broken back.

Franc was a laborer on a construction site. He had to lift and move things—bags of cement, lumber, bricks—all day. One day, while lifting a large bag of cement, he felt a sharp pain in his back. He couldn't move without hurting. He had to miss work for a week, and his back still hurts.

Saeed was in charge of directing the trucks coming into a large construction site. He was directing a dump truck to unload its load of sand when a front end loader backed down a ramp and ran into him. The front end loader backed over him and crushed his chest. He died 13 hours later from his injuries.

Some other dangers and what to do about them

FALLS

- Check that the ladder is stable and anchored before climbing. Hold on with both hands when going up or down. Carry tools in a waist belt. Do not stand on the top 3 steps
- Help keep walk ways free of clutter; coil up cords and hoses when they are not in use
- Never run or move too fast or carry items too high for you to see over
- Wear shoes, preferably with rubber soles that will not slip
- Young workers should not be working on scaffolding except for training purposes; the scaffolding must be well-anchored

STRAIN

- Use wheelbarrows and lifting equipment to move heavy items.
- Get help from a co-worker when lifting heavy items.
- Remember "SLIM" (Safe Lifting Methods)

Squat to pick up the object and lift using your leg muscles not your back

Lean close, keeping the heavy item against your body

Move your feet to turn, do not twist your body

GETTING HIT

- Wear a hard hat and safety glasses, provided by your boss.
- Work a safe distance away from moving equipment.
- Be alert to possible hazards (such as

tools, bricks, or other things that might fall). Move away, or put up a barrier to prevent objects from falling over the edge

CHEMICALS & DUST

- Ask about the dangers in the glues, paints and solvents being used, some damage skin or lungs. If a respirator is required, the work is too dangerous for youth
- Do not use chemicals in enclosed spaces. Make sure there is air passing through
- Do not work at all around asbestos or lead
- If you work with stone, wear eye protection and a dust mask (provided by employer)
- Clean up wood and other dust regularly, with a wet mop if possible.

ELECTRICITY

- Do not touch or use electrical equipment that looks damaged or is wet. Tell your boss or supervisor about it.
- If you move a metal ladder, make sure it does not touch overhead electrical power lines.

NOISE & HEAT/COLD

- If there is so much noise that you need to shout to be heard, your hearing can be damaged. Wear ear plugs or other hearing protection provided by your boss.
- Drink a lot of water.
- Take rest breaks out of the sun or heat.
- If you start to feel dizzy or sick to your stomach, tell a co-worker. Get into the shade, drink water, and put water on your head and arms to cool down.

If you need help or more information, contact:

Name and address of distributing agency here
