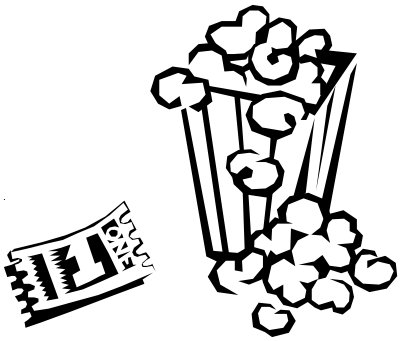
Hazards in the Fast Food Restaurant

HAZARD	EFFECT	POSSIBLE SOLUTIONS
Safety Hazards		
Cooking equipment	Burns or electric shocks	• Keep appliances in safe condition • Have guards around hot surfaces • Wear gloves or mitts
Hot grease	Burns	• Use grease pans that dump automatically • Have splash guards • Wear protective clothing
Slicers and powered cutting equipment	Cuts	• Must be 18 or older to use • Keep guards in place • Get proper training • Turn off when cleaning
Slippery floors	Slips or falls	• Clean up spills quickly • Use floor mats
Chemical Hazards		
Dishwashing products	Skin contact may cause irritation or dermatitis	• Use safer products • Wear gloves
Cleaning products	Some vapors cause headaches and other health problems; skin contact may cause irritation or dermatitis	• Use safer products • Wear gloves when necessary • Have good ventilation
Other Health Hazards		
Contact with public	Stress; criminal violence; robbery	• Have adequate security • Schedule at least two people per shift • Use barriers where money is handled • Get customer service training
Standing for long periods	Back injuries; varicose veins	• Use floor mats • Take regular breaks • Rotate jobs
Bending, reaching, stretching, and lifting	Muscle strains or sprains	• Keep heavy items on lower shelves • Rotate jobs • Use helpers

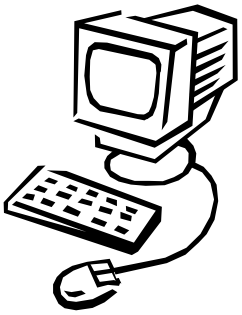
Hazards in the Grocery Store

HAZARD	EFFECT	POSSIBLE SOLUTIONS
Safety Hazards		
Box cutters	Cuts	• Cut properly • Store properly
Box crushers	Various body injuries	• Must be over 18 to use • Get proper training
Sharp knives	Cuts	• Keep in good condition • Cut properly • Store Properly
Deli slicers	Cuts	• Must be 18 or older to use • Keep guards in place • Get proper training • Turn off when cleaning
Chemical Hazards		
Cleaning products	Some vapors cause headaches and other health problems; skin contact may cause irritation or dermatitis	• Use safer products • Wear gloves when necessary • Have good ventilation
Other Health Hazards		
Checkout scanners	Muscle, tendon, or nerve injuries	• Redesign checkstands • Take regular breaks • Rotate jobs
Bending, reaching, stretching, and lifting	Muscle strains or sprains	• Use machinery instead • Keep heavy items on lower shelves • Get proper training • Rotate jobs • Use helpers
Cold temperatures (in cold storage areas, freezers)	Frostbite	• Limit time working in cold areas



Hazards in the Movie Theater

HAZARD	EFFECT	POSSIBLE SOLUTIONS
Safety Hazards		
Popcorn, hot dog, and coffee machines	Burns or electric shocks	• Keep appliances in safe condition • Wear gloves or mitts
Slippery floors	Slips or falls	• Clean up spills quickly • Use floor mats
Ladders	Falls	• Must be 16 or older to use • Use safe ladders • Get proper training
Chemical Hazards		
Cleaning products	Some vapors cause headaches and other health problems; skin contact may cause irritation or dermatitis	• Use safer products • Wear gloves when necessary • Have good ventilation
Other Health Hazards		
Contact with public	Stress; criminal violence; robbery	• Have adequate security • Schedule at least two people per shift • Use barriers where money is handled • Get customer service training • Rotate jobs
Dark environments	Eyestrain; slips or falls	• Use flashlights
Standing for long periods	Back injuries; varicose veins	• Use floor mats • Take regular breaks • Rotate jobs



Hazards in the Office

HAZARD	EFFECT	POSSIBLE SOLUTIONS
Safety Hazards		
Cords and loose carpeting areas	Tripp ing	• Don't run cords through public • Keep carpets secured
Unsecured furniture	Can fall in earthquake	• Secure bookcases, file cabinets etc.
Overloaded electric circuits	Fire	• Have enough outlets
Chemical Hazards		
Ozone from copiers	Breathing difficulty; headaches; dizziness	• Place copiers in separate area • Have good ventilation
Poor indoor air quality	Breathing difficulty; headaches; dizziness	• Have good ventilation
Other Health Hazards		
Computer keyboards and mice	Tendon and nerve problems	• Use adjustable chairs and workstations • Have good posture • Take regular breaks
Computer monitors	Eyestrain	• Position monitor correctly • Adjust monitor properly • Take regular breaks
Sitting for long periods of time	Back pain	• Use proper chairs • Have good posture • Take regular breaks
Repetitive, boring work	Stress	• Rotate jobs

Resources for More Information

National and Federal Resources

EEOC (U.S. Equal Employment Opportunity Commission)

The EEOC enforces the federal laws against job discrimination and harassment, including discrimination on the basis of racem color, religion, sex, national origin, pregnancy, disability, or age (over 40 years old)..

U.S. Equal Employment Opportunity Commission
1801 L Street, N.W.
Washington, DC 20507

(202) 663-4900
(800) 669-4494
www.youth.eeoc.gov

EPA (U.S. Environmental Protection Agency)

The EPA enforces environmental regulations that protect both human health and the environment. The EPA also conducts research to identify, understand, and solve current and future environmental problems.

Environmental Protection Agency
Ariel Rios Building
1200 Pennsylvania Avenue, N>W.
Washington, DC 20460

(202) 272-0167
www.youth.eeoc.gov

NIOSH (National Institute for Occupational Safety and Health)

Federal agency responsible for conducting research and making recommendations for the prevention of work-related illnesses and injuries. Has free publications on chemicals, ergonomics, child labor, and other hazards. The Health Hazard Evaluation (HHE) program does research on hazards at specific workplaces. Workers, unions, and employers can request HHEs.

NIOSH/Centers for Disease Control and Prevention
1600 Clifton Road NE
Atlanta, GA 30333

NIOSH Publications
4676 Columbia Parkway
Cincinnati, OH 45226

(800) 356-4674
www.cdc.gov/niosh (General)
www.cdc.gov/niosh/topics/youth (Young Worker Page)

OSHA (Occupational Safety and Health Administration)

Develops and enforces federal regulations and standards. Has many free publications and video library.

OSHA
U.S. Dept. of Labor
200 Constitution Ave. NW
Washington, DC 20210

(800) 321-OSHA (Hotline)
www.osha.gov (General)
www.osha.gov/SLTC/teenworkers/ (Young Worker Page)

U.S. Department of Labor

The Wage and Hour Division (Employment Standards Administration) enforces the federal Fair Labor Standards Act (FLSA) for employment in the private sector, and in state and local government. Establishes and enforces national standards for minimum wage, overtime pay, child labor, and recordkeeping. Assesses penalties if violations are found.

Wage and Hour Division
200 Constitution Ave. NW, Room S3510
Washington, DC 20210

(202) 219-8305
www.dol.gov/esa (General)
www.youthrules.dol.gov (Young Worker Page)

Young Worker Safety Resource Center (YWSRC)

A collaborative nationwide project of U.C. Berkeley's Labor Occupational Health Program (LOHP) and the Education Development Center, Inc. (EDC) in Massachusetts, the YWSRC provides training, technical assistance, and resource materials on young worker health and safety to state and community groups around the country.

Diane Bush or Robin Dewey
Labor Occupational Health Program (LOHP)
Young Workers Project
University of California, Berkeley
2223 Fulton St., 4th Floor
Berkeley, CA 94720-5120

(510) 642-5507 (Office)
(888) 933-TEEN (Info Line)
www.youngworkers.org

Chris Miara
Education Development Center, Inc. (EDC)
55 Chapel St.
Newton, MA 02458

(617) 618-2238
main.edc.org

State Resources

Wage and Hour Division, Maine Department of Labor

Administers and enforces state labor laws. Investigates complaints and suspected violations related to issues such as child labor, minimum wage, and overtime.

Wage and Hour Division
45 State House Station
Augusta, ME 04333-0045
((207) 624-6400
www.maine.gov/labor/labor_laws
www.maine.gov/labor/workplace_safety/safeteen

SafetyWorks!, Maine Department of Labor

SafetyWorks! is an outreach program of the Maine Department of Labor designed to reduce job-related injuries, illnesses, and deaths. SafetyWorks! is a voluntary program — it is not OSHA and

cannot issue citations or fines. SafetyWorks! services - including training, consultation and information - are available by request and free of charge.

SafetyWorks!
Maine Department of Labor
45 State House Station
Augusta, ME 04333-0045
(207) 624-6400 (877) 723-3345 (Toll Free)
www.safetyworksmaine.com

Public Sector Enforcement Program, Maine Department of Labor

The Public Sector Enforcement Program of the Maine Department of Labor, enforces occupational safety and health regulations in public sector workplaces. Public sector workplaces include state, county and municipal workplaces; public schools, colleges and universities; and quasi-government agencies such as water districts.

Public Sector Enforcement Program
45 State House Station
Augusta, ME 04333-0045
(207) 624-6400 (877) 723-3345 (Toll Free)
www.maine.gov/labor/workplace_safety

Maine Workers' Compensation Board

Provides information on benefits available when you have a job-related illness or injury.

Workers' Compensation Board
27 State House Station
Augusta, ME 04333-0027
(207) 287-3751 (888) 801-9087 (Toll Free, Maine only)
www.state.me.us/wcb

Maine Human Rights Commission

The Commission enforces state laws against job discrimination and harassment, including discrimination on the basis of age, sex, race, religious creed, color, marital status, familial status, physical or mental disability or national origin.

Maine Human Rights Commission
51 State House Station
Augusta, ME 04333-0051
(207) 624-6050
www.state.me.us/mhrc

For additional resource agencies and teaching materials, visit *www.youngworkers.org* and click on "Resources and Links."