

KNOW THE LAW BEFORE YOU START WORK!



Depending on age, Louisiana law requires employers to:

14 – 17 years old

Provide you with an uninterrupted break of at least 30 minutes for each and every 5-hour work period. Have on file an employment certificate for you completed by your school or school board.

14 and 15 years old

Limit your work schedule to no more than 3 hours on a school day (8 hours on a non-school day) and no more than 18 hours total during a school week (40 hours from June 1 – Labor Day).

Under 14 years old

It is illegal for individuals under the age of 14 to be employed, except as provided in RS 23:151.

Louisiana law also prohibits minors from working in certain types of industries. For a list of occupations or for more information about child labor laws, log onto the Louisiana Workforce Commission Web site, www.laworks.net and visit the “Louisiana Youth Works” portal.

Prohibited Work Hours by Age

Age	Restriction
14- & 15-year-olds	7 p.m. – 7 a.m. Labor Day – June 1 9 p.m. – 7 a.m. June 1 – Labor Day
16-year-olds	11 p.m. – 5 a.m. prior to the start of any school day
17-year-olds	12 a.m. – 5 a.m. prior to the start of any school day