



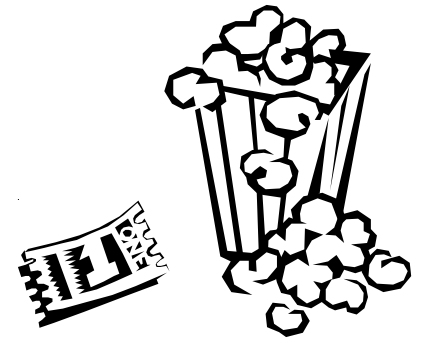
Hazards in the Fast Food Restaurant

| HAZARD | EFFECT | POSSIBLE SOLUTIONS |
|--|--|--|
| Safety Hazards | | |
| Cooking equipment | Burns or electric shocks | <ul style="list-style-type: none"> • Keep appliances in safe condition • Have guards around hot surfaces • Wear gloves or mitts |
| Hot grease | Burns | <ul style="list-style-type: none"> • Use grease pans that dump automatically • Have splash guards • Wear protective clothing |
| Slicers and powered cutting equipment | Cuts | <ul style="list-style-type: none"> • Must be 18 or older to use • Keep guards in place • Get proper training • Turn off when cleaning |
| Slippery floors | Slips or falls | <ul style="list-style-type: none"> • Clean up spills quickly • Use floor mats |
| Chemical Hazards | | |
| Dishwashing products | Skin contact may cause irritation or dermatitis | <ul style="list-style-type: none"> • Use safer products • Wear gloves |
| Cleaning products | Some vapors cause headaches and other health problems; skin contact may cause irritation or dermatitis | <ul style="list-style-type: none"> • Use safer products • Wear gloves when necessary • Have good ventilation |
| Other Health Hazards | | |
| Contact with public | Stress; criminal violence; robbery | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • Use floor mats • Take regular breaks • Rotate jobs |
| Bending, reaching, stretching, and lifting | Muscle strains or sprains | <ul style="list-style-type: none"> • Keep heavy items on lower shelves • Rotate jobs • Use helpers |



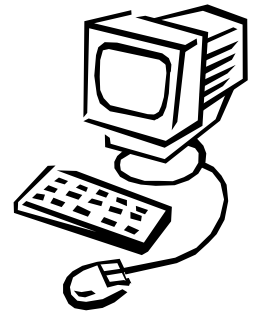
Hazards in the Grocery Store

| HAZARD | EFFECT | POSSIBLE SOLUTIONS |
|---|--|---|
| Safety Hazards | | |
| Box cutters | Cuts | <ul style="list-style-type: none"> • Cut properly • Store properly |
| Box crushers | Various body injuries | <ul style="list-style-type: none"> • Must be over 18 to use • Get proper training |
| Sharp knives | Cuts | <ul style="list-style-type: none"> • Keep in good condition • Cut properly • Store Properly |
| Deli slicers | Cuts | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • Use safer products • Wear gloves when necessary • Have good ventilation |
| Other Health Hazards | | |
| Checkout scanners | Muscle, tendon, or nerve injuries | <ul style="list-style-type: none"> • Redesign checkstands • Take regular breaks • Rotate jobs |
| Bending, reaching, stretching, and lifting | Muscle strains or sprains | <ul style="list-style-type: none"> • Use machinery instead • Keep heavy items on lower shelves • Get proper training • Rotate jobs • Use helpers |
| Cold temperatures (in cold storage areas, freezers) | Frostbite | <ul style="list-style-type: none"> • Limit time working in cold areas |



Hazards in the Movie Theater

| HAZARD | EFFECT | POSSIBLE SOLUTIONS |
|---|---|--|
| <p>Safety Hazards</p> <p>Popcorn, hot dog, and coffee machines</p> <p>Slippery floors</p> <p>Ladders</p> | <p>Burns or electric shocks</p> <p>Slips or falls</p> <p>Falls</p> | <ul style="list-style-type: none"> • Keep appliances in safe condition • Wear gloves or mitts • Clean up spills quickly • Use floor mats • Must be 16 or older to use • Use safe ladders • Get proper training |
| <p>Chemical Hazards</p> <p>Cleaning products</p> | <p>Some vapors cause headaches and other health problems; skin contact may cause irritation or dermatitis</p> | <ul style="list-style-type: none"> • Use safer products • Wear gloves when necessary • Have good ventilation |
| <p>Other Health Hazards</p> <p>Contact with public</p> <p>Dark environments</p> <p>Standing for long periods</p> | <p>Stress; criminal violence; robbery</p> <p>Eyestrain; slips or falls</p> <p>Back injuries; varicose veins</p> | <ul style="list-style-type: none"> • Have adequate security • Schedule at least two people per shift • Use barriers where money is handled • Get customer service training • Rotate jobs • Use flashlights • Use floor mats • Take regular breaks • Rotate jobs |



Hazards in the Office

| HAZARD | EFFECT | POSSIBLE SOLUTIONS |
|----------------------------------|--|--|
| Safety Hazards | | |
| Cords and loose carpeting areas | Tripping | <ul style="list-style-type: none"> • Don't run cords through public areas • Keep carpets secured |
| Unsecured furniture | Can fall in earthquake | <ul style="list-style-type: none"> • Secure bookcases, file cabinets etc. |
| Overloaded electric circuits | Fire | <ul style="list-style-type: none"> • Have enough outlets |
| Chemical Hazards | | |
| Ozone from copiers | Breathing difficulty; headaches; dizziness | <ul style="list-style-type: none"> • Place copiers in separate area • Have good ventilation |
| Poor indoor air quality | Breathing difficulty; headaches; dizziness | <ul style="list-style-type: none"> • Have good ventilation |
| Other Health Hazards | | |
| Computer keyboards and mice | Tendon and nerve problems | <ul style="list-style-type: none"> • Use adjustable chairs and workstations • Have good posture • Take regular breaks |
| Computer monitors | Eyestrain | <ul style="list-style-type: none"> • Position monitor correctly • Adjust monitor properly • Take regular breaks |
| Sitting for long periods of time | Back pain | <ul style="list-style-type: none"> • Use proper chairs • Have good posture • Take regular breaks |
| Repetitive, boring work | Stress | <ul style="list-style-type: none"> • 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 race, color, religion, sex, national origin, pregnancy, disability, or age (over 40 years old).

U.S. Equal Employment Opportunity Commission
1801 L Street, NW
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, NW
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

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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

Fair Labor Standards Division, Illinois 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.

Fair Labor Standards Division
160 North LaSalle Street, Suite C-1300
Chicago, IL 60601-3150



(312) 793-2804 (Child Labor Law Information)

(800) 645-5784 (Child Labor Hot Line)

www.state.il.us/agency/idol

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Division of Safety Inspection and Education, Illinois Department of Labor

Protects the lives, health and safety of public workers by educating employees and employers about safe working conditions and by controlling or eliminating occupational hazards. Private sector employees have similar protections under the federal Occupational Safety and Health Act (OSHA).

State of Illinois Building
160 North LaSalle Street, Suite C-1300
Chicago, IL 60601-3150

1 West Old State Capitol Plaza, Room 300
Springfield, IL 62701-1217



(217) 782-9386 (Health, Safety & Education Information)

www.state.il.us/agency/idol/laws/law225.htm

Illinois Workers' Compensation Commission

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

100 West Randolph Street, #8-200
Chicago, IL 60601



(312) 814-6611

(866) 352-3033 (Toll Free - Illinois Only)

www.iwcc.il.gov

Illinois Department of Human Rights

Administers the Illinois Human Rights Act, which prohibits discrimination because of race, color, religion, sex, national origin, ancestry, citizenship status (with regard to employment), age 40 and over, marital status, physical or mental handicap, military service, unfavorable military discharge, and sexual orientation.

Illinois Department of Human Rights
James R. Thompson Center
100 West Randolph Street, Suite 10-100
Chicago, IL 60601



(312) 814-6200

www.state.il.us/dhr

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