

The work of Youth

A child is a person under the age of 15, or a person in compulsory education.

An adolescent is a person aged 15–17 and who has completed compulsory education.

A youth is a person under the age of 18.



The benefits of ensuring the safety and well-being of youth

- Prevents work accidents and their consequences
- Promotes young people's safety awareness at work
- Provides a positive experience of the labor market
- Lays the foundation for them to come home safe for the rest of their working life

Obligations of Employers

- Assessing the risks of the work performed by youths and preventing it with preventive measures
- Ensuring appropriate training and education for young people before and at the start of employment
- Informing guardians and youths of potential hazards

Care must be taken to:

- Ensure that the work is suitable for each person's development
- Give constructive feedback
- Ensure they are not lifting heavy loads
- Comply with the rules that apply to the jobs

Working hours of youth*

	Children 13–14 years old	Children aged 15–16 in compulsory education	Aged 15–17 and who have completed compulsory education
During school hours	2 hrs on a school day, 12 hrs per week	2 hrs on a school day, 12 hrs per week	8 hrs per day, 40 hrs per week
Outside school hours	7 hrs per day, 35 hrs per week	8 hrs per day, 40 hrs per week	8 hrs per day, 40 hrs per week
Work prohibited	From 20–06	From 20–06	From 22–06
Rest	14 hrs a day, 2 days a week	14 hrs a day, 2 days a week	12 hrs a day, 2 days a week

The work of children under the age of 13 is prohibited

- Children under the age of 13 may only be hired to take part in cultural or artistic events and sports and advertising activities.
- It is necessary to apply for a permit to the Administration of Occupational Safety and Health before work starts. The application form can be found at vinnueftirlitid.is

The work of children aged 13–14 is generally prohibited except for:

- Non-hazardous jobs of a light nature. For example, light fish processing work, light shop work, light office work, minor cleaning and setting tables. (Listed in Appendix 4 of the Regulation on Child and Adolescent Work)
- Jobs in municipal vocational schools

Adolescent work is generally permitted except for:

- Dangerous equipment and tasks (listed in Appendix 1a of the Regulation on Child and Adolescent Work)
- Hazardous substances (listed in Appendix 2)
- Hazardous jobs (listed in Appendix 3)

*Various exemptions are given from the general rules. Further information can be found in the Appendices of the Regulation on the Work of Children and Adolescents. They can also be accessed under Work of Children and Adolescents at vinnueftirlitid.is