



5 Steps for Staying Safe on the Job

—Young Workers Doing Motor Vehicle Repair—



1. Get safety training
2. Look for hazards in your workplace
3. Follow safety rules
4. Know your rights
5. Ask questions and get help

TRUE STORIES

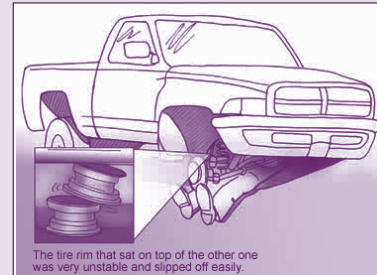
Working in a motor vehicle repair shop can be a great way to learn skills and earn good money. But there are safety problems to watch out for, so it is really important for you to get training. Find out what to do so you do not get hurt, like these young workers did. . . .

“Michelle worked in her uncle’s auto shop. As the youngest one there, she ended up doing most of the cleaning. Her uncle did not have any gloves for her, so every day she went home with rashes on her hands from the strong cleaning materials she had to use. She also had headaches every day.”



“When Andre was working next to the grinder, a splinter of metal flew into his eye. It hurt terribly, and he rubbed his eye to try to get it out. His boss tried to flush it out with water, but in the end he had to go to the hospital to get it removed. He could not see in that eye or do his work for two weeks.”

“Jorge worked in a small motor vehicle repair shop. One day, he was lying under a truck repairing its rear brakes while it was parked on a slope outside the shop. The truck rolled backwards over him and crushed him. He died soon after.”



It’s your boss’ job to make sure your workplace is safe!

This factsheet is for young people who work in motor vehicle repair. U.S. laws require employers to provide *all* workers with a safe place to work. There are also laws that give special protection to *younger* workers. Not all employers know about or follow these laws, and the laws are not always enforced. But it is important for you to know what your employer *should* do.

In motor vehicle repair work, your boss can do a lot to improve safety. For example, your boss should:

- Provide equipment that is safe to use and is well-maintained, such as auto lifts, mechanical lifting equipment for moving heavy vehicle parts, and other tools.
- Provide hoses that connect to the car’s exhaust pipes and push the fumes outside so that engine exhaust does not stay in the shop.
- Provide the right kind of protective gear, such as safety goggles, ear plugs, dust masks, and gloves.
- Provide training about the chemicals you will be using or switch to safer products that are less dangerous for employees.

It's your job to follow the 5 steps for staying safe!

1. Get safety training

The boss must train you to do *every* task that's part of your job, like how to handle any chemicals you need to use, how to lift safely, or how to use tools or ladders safely.

2. Look for hazards in your workplace

If you work in motor vehicle repair, there are many things that can hurt you or make you sick. You can spot these hazards before they cause a problem.

3. Follow safety rules

Use your training to protect yourself and other workers. Do every task the way you have been trained. Keep your eyes open and report any problems you see.

4. Know your rights

U.S. and state laws protect workers on the job. There are also special laws that protect workers under 18. These laws say:

- Employers must provide a safe workplace.
- Employers must provide workers' compensation to pay your medical expenses and lost wages if you get injured.
- Workers under 18 may not do certain dangerous tasks, and may only work certain hours (not too late, too early, or too long).

For more information go to www.youthrules.dol.gov or www.osha.gov/SLR/teenworkers.

5. Ask questions and get help

Pay attention. If something seems unsafe, ask about it. If you don't know how to do a task you are given, ask a co-worker or your boss for help. If that does not work, get help from someone else, such as a safety or union representative, teacher, or parent. For more information, contact:

- National Young Worker Safety Resource Center, www.youngworkers.org.
- Occupational Safety and Health Administration, Teen Workers page, www.osha.gov/SLTC/teenworkers.
- U.S. Equal Employment Opportunity Commission, www.youth.eeoc.gov.
- Your state labor dept., www.youthrules.dol.gov/states.htm or your state OSHA, www.osha.gov/dcsp.osp.

The *5 Steps for Staying Safe on the Job* series includes an overview pamphlet on young worker job safety and specific factsheets on:

- Construction
- Agricultural Field Work
- Hotel Cleaning
- Restaurants & Food Service
- Motor Vehicle Repair
- Working in Shops & Stores

Hazards in Motor Vehicle Repair

Here are some hazards you need to watch out for, and some things you can do about them once you are trained and know the safety rules.

	HAZARDS	WHAT YOU CAN DO
BODY STRAIN	Lifting, bending, and reaching	<ul style="list-style-type: none"> • Use mechanical lifting equipment to move heavy vehicle parts. • Get help when lifting heavy items. • Follow these safe lifting methods: <ul style="list-style-type: none"> • Bend your legs , not your back, when you pick up something heavy. • Hold the heavy item close to your body. • Move to face the heavy object before you lift instead of twisting your body.
	Repetitive or awkward work	<ul style="list-style-type: none"> • Change your position. • Take regular breaks. • Take turns with co-workers to do different types of tasks.
FALLS	Slippery or cluttered work areas	<ul style="list-style-type: none"> • Keep walkways free of things to trip or slip on. If you see a mess take care of it. • Clean up spills immediately. If the liquid is greasy, use the right kind of cleaning material. • Never run or move too fast. • Do not carry items too tall for you to see over. • Wear shoes with non-skid soles.
	Working on ladders or up high	<ul style="list-style-type: none"> • Use a ladder or footstool to reach objects stored up high. Never stand on a box, or climb racking or shelves. • Do not stand on the top step of a ladder.
HIT BY OBJECTS	Unsecured vehicles	<ul style="list-style-type: none"> • Before doing any work underneath a vehicle, make sure it is safely secured on jacks and supported with jack stands, or has blocks or chocks to hold it in place on the ground..
	Flying objects and splinters from grinding	<ul style="list-style-type: none"> • Work a safe distance from moving equipment. • Wear safety glasses or a face shield, provided by your boss, when working near grinding equipment.. • Wear strong shoes that are enclosed. Do not wear sandals.
CHEMICALS	Brake fluids, degreasers, lubricants, carbon monoxide, asbestos dust (from brake repair)	<ul style="list-style-type: none"> • Ask for information about the chemicals you use. Read the labels and follow instructions. • Wear goggles and gloves. Your employer should provide these. • Do not clean up your work area with compressed air if you repair brakes and clutches, in case they have asbestos. Asbestos can cause lung disease. • Clean up dust with a wet mop. • Avoid running vehicle engines indoors for long periods of time. • Keep the doors and windows open when you run the engines.
OTHER	Electrocution	<ul style="list-style-type: none"> • Do not touch or use electrical equipment that looks damaged or is wet. Tell you boss or supervisor about it.
	Noise from equipment or engine testing	<ul style="list-style-type: none"> • 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 provide by your boss.