

### **A list of works forbidden to minors**

#### **I. Works involving excessive physical effort, forced body posture and endangering correct mental development:**

##### **1. Works involving excessive physical effort:**

- 1) works consisting solely of lifting, carrying and transporting heavy loads, and works involving the repetition of a large number of homogeneous movements.
- 2) works where the highest values of physical workload, measured in terms of net energy expenditure on work, exceed:
  - a) for girls - in reference to 6-hour daily working time – 2 300 kJ, and in reference to short-term efforts – 10.5 kJ per minute,
  - b) for boys – in reference to 6-hour daily working time – 3 030 kJ, and in reference to short-term efforts – 12.6 kJ per minute,
- 3) loading and unloading works, transporting loads using means of transport, shunting barrels, logs, blocks, etc.
- 4) manual operation of levers, cranks and steering wheels, where the required force exceeds:
  - a) in the case of casual work (performed up to 4 times per hour, if the total time of work does not exceed half of the daily working time of minors):
    - for girls – 70 N,
    - for boys – 100 N,
  - b) with repeatable load:
    - for girls – 40 N,
    - for boys – 60 N,
- 5) operation of foot-operated machine elements (pedals, footswitches, etc.) requiring force exceeding:
  - a) for casual operation:
    - for girls – 100 N,
    - for boys – 170 N,
  - b) with repeatable load:
    - for girls – 70 N,
    - for boys – 130 N,
- 6) manual lifting and carrying by one person over a distance of more than 25 m of objects with a mass exceeding:
  - a) for casual work:
    - for girls – 14 kg,
    - for boys – 20 kg,

- b) with repeatable load:
    - for girls – 8 kg,
    - for boys – 12 kg,
- 7) manual carrying uphill, in particular using stairs with a height of more than 5 m and an inclination angle of - 30°, of loads with a mass exceeding:
  - a) for casual work:
    - for girls – 10 kg,
    - for boys – 15 kg,
  - b) with repeatable load:
    - for girls – 5 kg,
    - for boys – 8 kg,
- 8) transportation by girls of loads on wheelbarrows and 2-wheeled hand-operated trolleys.

## **2. Works requiring constant forced and uncomfortable body posture:**

- 1) works performed in an inclined or squatting position,
- 2) work performed when lying down, on a side or in the supine position, in particular during the motor vehicle repair.
- 3) works performed on knees, including in particular manual floor scraping, paving and flooring work.

## **3. Works endangering correct mental development:**

- 1) works where the further correct mental development of minors could be endangered, including in particular:
  - a) works connected with production, sale and consumption of alcoholic products, including consumer service in catering facilities,
  - b) works connected with the production, sale and advertising of tobacco products,
  - c) works connected with slaughtering and meat handling,
  - d) works in bathing houses and baths,
  - e) works of knackers,
  - f) works in artificial insemination of animals,
  - g) works in hospitals (wards) for nervously and mentally ill,
- 2) works in conditions that may constitute an excessive psychological stress, in particular:
  - a) requiring reception and processing a large number of information or rapid succession of information and making decisions that may have dangerous consequences, in particular in situations of temporary compulsion, including those related to the operation of control equipment,
  - b) forced by the working rhythm of machines and remunerated according to the results achieved,
- 3) works as a chambermaid in holiday and tourist houses, guest houses and hotels, including workers, hotels,
- 4) participation in dance performances in catering facilities.

## **II. Works in exposure to harmful chemical, physical and biological agents:**

### **1. Works in exposure to harmful chemical agents:**

- 1) work in exposure to substances or mixtures meeting the criteria for classification in accordance with Regulation (EC) No. 1272/2008 of the European Parliament and of the Council of December 16, 2008, on classification, labeling and packaging of substances and mixtures, amending and repealing Directives 67/548/EEC and 1999/45/EC, and amending Regulation (EC) No. 1907/2006 (Official Journal of the EU L 353 dated 31.12.2008, p. 1, as amended) in one or more of the following hazard classes or categories together with one or more of the following hazard statements:
  - a) acute toxicity, category 1, 2 or 3 (H300, H310, H330, H301, H311, H331),
  - b) skin corrosion, category 1A, 1B or 1C (H314),
  - c) flammable gas, category 1 or 2 (H220, H221),
  - d) flammable aerosols, category 1 (H222),
  - e) flammable liquid, category 1 or 2 (H224, H225),
  - f) explosives, categories “unstable explosive” or explosives of subclasses 1.1, 1.2, 1.3, 1.4, 1.5 (H200, H201, H202, H203, H204, H205),
  - g) self-reactive substances and mixtures of types A, B, C or D (H240, H241, H242),
  - h) type A or B organic peroxides (H240, H241),
  - i) toxic effects on target organs after single exposure, category 1 or 2 (H370, H371),
  - j) toxic effects on target organs after repeated exposure, category 1 or 2 (H372, H373),
  - k) respiratory sensitization, category 1, subcategory 1A or 1B (H334),
  - l) skin sensitization, category 1, subcategory 1A or 1B (H317),
  - m) carcinogenicity, category 1A, 1B or 2 (H350, H350i, H351),
  - n) germ cell mutagenicity, category 1A, 1B or 2 (H340, H341),
  - o) reproductive toxicity, category 1A or 1B (H360, H360F, H360FD, H360Fd, H360D, H360Df),
- 2) work in exposure to substances, mixtures or technological processes with carcinogenic or mutagenic effects, as defined in the regulations on chemicals, their mixtures, agents or technological processes with carcinogenic or mutagenic effects in the working environment, as well as work in exposure to substances or mixtures created in these processes,
- 3) work in exposure to lead or its compounds, to the extent that the agents in question are absorbed by the human body,
- 4) works in exposure to asbestos,
- 5) work with vats, tanks or containers containing chemical agents referred to in items 1-4,
- 6) Works in contact with psychotropic medications.

### **2. Works in exposure to harmful dusts:**

Works in an environment where there is exposure to harmful effects of:

- 1) dusts with fibrotic and irritant effects, the concentrations of which exceed 2/3 of the value of the

highest permissible concentrations specified in regulations on the highest permissible concentrations and intensities of factors detrimental to health in a working environment;

- 2) sensitizing dusts;
- 3) dusts with carcinogenic or mutagenic effects, as defined in the regulations on chemicals, their mixtures, agents or technological processes with carcinogenic or mutagenic effects in the working environment.

### 3. Works in exposure to harmful physical agents:

- 1) works in the area of electromagnetic fields with intensities exceeding the values for the safe zone, specified in the regulations on the maximum permitted concentrations and intensities of agents harmful to health in the working environment;
- 2) works in exposure to ionizing radiation exceeding the dose limits specified in nuclear legislation,
- 3) works in conditions of exposure to laser radiation,
- 4) works in conditions of exposure to UV radiation, particularly emitted by technological industrial equipment, including in particular during welding, cutting and surfacing of metals,
- 5) works in conditions of exposure to infrared radiation, in particular when working with blast and heating furnaces and sintering, casting, rolling and forging of metals,
- 6) works in conditions of exposure to noise, of which:
  - a) the exposure level in relation to the 8-hour daily or average weekly working time, as defined in the Labor Code, exceeds 80 dB,
  - b) peak sound level C exceeds the value of 130 dB,
  - c) maximum sound level A exceeds the value of 110 dB,
- 7) Works under conditions of exposure to infrasound noise, of which:
  - a) the equivalent level of acoustic pressure adjusted by the frequency response of G in relation to the 8-hour daily or average weekly working time, as defined in the Labor Code, exceeds 86 dB,
  - b) the unadjusted acoustic pressure level exceeds 135 dB,
- 8) works in conditions of exposure to ultrasound noise, of which:
  - a) equivalent acoustic pressure levels in tertiary bands with center frequencies from 10 kHz to 40 kHz in relation to the 8-hour daily or weekly average working time, as defined in the Labor Code,
  - b) maximum acoustic pressure levels in tertiary bands with center frequencies from 10 kHz to 40 kHz exceed the values given in the table:

Center frequency of tertiary bands (kHz)	Equivalent level of acoustic pressure in relation to the 8-hour daily or average weekly working time, as defined in the Labor Code, (dB)	Maximum sound pressure level (dB)
1	2	3
10; 12.5; 16	75	100
20	85	110

25	100	125
31.5; 40	105	130

- 9) works in conditions of exposure to vibration affecting the human organism through the upper limbs, where:
  - a) the value of daily exposure, expressed in a form equivalent in terms of energy to 8 hours of operation of the vector sum of effective, frequency weighted accelerations of vibrations, determined for the three directional components ( $a_{hwx}$ ,  $a_{hwy}$ ,  $a_{hwz}$ ), exceeds  $1 \text{ m/s}^2$ ,
  - b) the value of exposure lasting 30 minutes and less, expressed as a vector sum of effective frequency-weighted vibration accelerations determined for the three directional components ( $a_{hwx}$ ,  $a_{hwy}$ ,  $a_{hwz}$ ), exceeds  $4 \text{ m/s}^2$ ,
- 10) works in exposure to vibration with a general effect on the human organism, at which:
  - a) the value of daily exposure expressed in a form equivalent in terms of energy to 8 hours of operation of effective, frequency weighted vibration acceleration predominant among the vibration accelerations determined for the three directional components, taking into account the relevant factors ( $1.4 a_{wx}$ ,  $1.4 a_{wy}$ ,  $a_{wz}$ ), exceeds  $0.19 \text{ m/s}^2$ ,
  - b) the value of exposure lasting 30 minutes or less, expressed in a form of effective, frequency weighted vibration acceleration predominant among the vibration accelerations determined for the three directional components, taking into account the relevant factors ( $1.4 a_{wx}$ ,  $1.4 a_{wy}$ ,  $a_{wz}$ ), exceeds  $0.76 \text{ m/s}^2$ ,
- 11) work in areas where the air temperature exceeds  $30^\circ\text{C}$  and the relative air humidity exceeds 65%, as well as in conditions of direct exposure to an open source of radiation, including, in particular: operation of dryers, sintering and roasting of ores, rolling, smelting, casting of metals or their alloys, repair of metallurgical furnaces, operation of furnaces for thermal heat service, in glassworks and glass processing plants
  - operation of smelting and annealing furnaces, repair of glass furnaces, glass molding and all work on the platforms of active glass smelting furnaces, work on firing dolomite and lime, cooking asphalt and working with hot asphalt, direct operation of bakery furnaces, work on preparing caramel in cauldrons,
- 12) works at air temperatures lower than  $14^\circ\text{C}$  in and relative humidity higher than 65%, including in particular: works in cold stores, food storage rooms, freezers, in constant contact with water, brine and other liquids, earthworks in wet ground - drainage and irrigation, as well as works in conditions exposing to constant soaking of clothes, resulting in disturbances in young employees, heat balance,
- 13) works in an environment with large fluctuations in microclimate parameters, especially in the case of sudden changes in air temperature in the range exceeding  $15^\circ\text{C}$ , with no possibility to apply at least 15-minute adaptation period in rooms with an intermediate temperature.
- 14) Works in conditions of increased pressure, including in particular:

- a) in high pressure chambers or other hypobaric devices on the water surface or on the ground,
  - b) in air transport machinery,
  - c) diving and scuba diving works,
  - d) works in caissons,
- 15) works in conditions of reduced pressure, including in particular in low pressure chambers or other hypobaric devices on the water surface or on the ground.

#### **4. Works in exposure to harmful biological agents:**

Works in contact with biological agents classified as group 3 or 4 hazards, in accordance with the regulations on biological agents harmful for health in the work environment and the protection of the health of workers occupationally exposed to these agents, in particular:

- 1) works where the source of infection or contagion may be a sick person or infectious material of human origin, i.e. blood, tissue, urine, stool, in particular any works in hospitals (wards) for infectious diseases,
- 2) works where there is a risk posed by biological agents transmitted to humans by contact with animals or products of animal origin, in particular:
  - a) microorganisms that cause zoonotic diseases (zoonoses),
  - b) allergens of animal origin, including excrements, mites, dander, dandruff of farm animals, natural silk dust, bird feathers, fishmeal, occurring in breeding and processing.
- 3) works involving risks posed by biological agents of plant origin or micro-organisms transmitted by plants:
  - a) micro-organisms found in plants, including bacteria, actinomycetes, fungi, which pose a risk during storage, processing and use of various plant raw materials,
  - b) dusts of plant origin, causing allergies, including in particular grain, feed, tobacco and medicinal plant dusts.

### **III. Works involving the risk of accidents:**

- 1) works in which minors are exposed to an increased risk of injury, in particular associated with:
  - a) operating mechanical hammers, presses, rollers, scissors, cutters and drives and attachments transmitting motion to machines,
  - b) starting up machines and other devices immediately after their repair,
  - c) fishing, gutting and filleting, and all works in the production departments of fish processing factories,
  - d) meat cutting, trimming and grinding,
  - e) operating tractors and mobile machinery, directly operating threshing machines, chaff cutters and other farming machinery with the risk of accidents, and mowing with a scythe,
  - f) operating construction and road machinery and operating cranes, pile-drivers and wheel and axle machines,

- g) operating steam boilers, equipment and vessels with pressure above 0.5 bar, operating gas generators and other devices the operation, failure and malfunction of which endangers the safety of the operator and other persons in the vicinity,
  - h) wood processing using chainsaws with electric or mechanical drive, operation of circular, band and reciprocating saws, wood processing machines with direct manual feed of material and all works during harvesting, logging and transport of wood,
  - i) contact with wild or venomous animals, handling bulls, stallions, boars and rams, and disposal of manure and slurry,
- 2) works related to the manufacture and use of explosive and inflammable substances and products containing these substances,
  - 3) works involving production, use and storage of compressed, liquefied and dissolved gases,
  - 4) works involving the risk of electric shock, including in particular: works on or near live power lines, works in electrical switching stations, electrical substations, with transformers and control rooms, all works on operating power equipment under voltage, except for low (safe) voltage and maintenance works on telephone exchange equipment, performed by graduates of vocational schools,
  - 5) works in railway transport, including in particular: positions related to railway traffic management, in particular: work of drivers of traction vehicles and motor draisines, traffic dispatchers, ticket inspectors, shunting masters, signal control operators, railway points operator, OTM operators, car cleaners, as well as work in construction and maintenance of the overhead contact system,
  - 6) works in transport and car and tram transport, including in particular:
    - a) works of motor vehicle drivers and their assistants,
    - b) works of ticket controllers in buses and trolleybuses,
    - c) manual shunting, fastening and unfastening of cars and trailers.
    - d) removing, applying and inflating car and tractor tires,
    - e) works of escorts,
  - 7) works in sailing, including in particular: all works on vessels and works in ports related to the maintenance of ships, works on dredgers
- and the extraction of wrecks,
- 8) works in aviation, including in particular: works of mechanics, airplane pilots and works related to passenger service in the airplane,
  - 9) works at risk of collapse, in particular:
    - a) underground works,
    - b) works in depths greater than 0.7 m, with a width less than twice the depth,
    - c) works in construction and demolition of buildings,
  - 10) works at heights of more than 3 m at risk of falling from a height, including in particular:
    - a) construction, repair and cleaning of chimneys,
    - b) associated with a forced body position in a confined space,

- c) exposing to a changing microclimate, conducted outside the building,
- 11) works in quarries and open-pit mines as well as in the extraction and processing of sulphur,
- 12) works in inadequate lighting, where the lighting parameters do not meet the requirements specified in Polish Standards.

**List of certain types of work forbidden to juveniles, at which the employment of juveniles over the age of 16 is permitted.**

**I. Works involving excessive physical effort, forced body posture and endangering correct mental development:**

**1. Works involving excessive physical effort:**

- 1) works involving the lifting and carrying of weights and distances that do not exceed the values specified in Section I, Paragraph 1, Items 6 and 7 of Appendix 1 to the Regulation, as well as work that requires the repetition of a large number of uniform movements,
- 2) carrying by boys in single-wheel wheelbarrows for a distance of up to 50 m loads weighing up to 50 kg on a smooth, paved surface or on platforms made from boards permanently fixed, if the slope of the surface does not exceed 2%,
- 3) carrying by boys on 2-wheel carts moved by hand for a distance of up to 100 m on a smooth surface loads of up to 80 kg, if the slope of the surface does not exceed 2%, and on an uneven surface – loads of up to 50 kg, if the slope of the surface does not exceed 1%,
- 4) carrying on 3-wheel or 4-wheel hand-operated carts for a distance of up to 150 m loads weighing: girls – up to 50 kg and boys – up to 80 kg, if the slope of the surface does not exceed 2%,
- 5) carrying at a distance of up to 200 m loads in wagons, rocker cars moved manually on rails with a weight: girls – up to 300 kg and boys – up to 400 kg, if the inclination of the track does not exceed 1%,

Note:

- 1) the total time of performing the activities listed in items 1-5 in a day may not exceed 1/3 of the working time of a juvenile,
- 2) the weight of cargoes referred to in items 2-5 also includes the weight of the transport device.

**2. works requiring constant forced and uncomfortable posture when working:**

Works in repairing motor vehicles, laying floors, and laying and repairing road surfaces, provided that they are performed for no more than 3 hours a day.

**3. Works endangering correct mental development:**

Works in serving consumers in catering establishments where alcohol is served, excluding the serving of alcoholic beverages by juveniles, performed between 07:00 hours and 17:00 hours.



## **II. Works in exposure to harmful chemical, physical and biological agents:**

### **1. Works in exposure to harmful chemical agents:**

- 1) works in printing plants involving etching plates and other elements, provided that such works are performed up to 2 hours a day,
- 2) works in dyeing textile products and tanning leather with chemicals, provided that the works are performed up to 12 hours per week in laboratory conditions or in rooms set aside for vocational training and properly equipped,
- 3) works in contact with agents that pose a risk of sensitization, provided a specialized medical opinion on the absence of health contraindications to contact with these agents is obtained.

### **2. Works in exposure to harmful dusts:**

Works in contact with dusts that pose a risk of sensitization, provided a specialized medical opinion on the absence of health contraindications to contact with these dusts is obtained.

### **3. Works in exposure to harmful physical agents:**

- 1) works by boys over 17 years of age:
  - a) in welding, cutting and fusion of metals, excluding non-ferrous metals, as well as welding inside tanks and underwater, provided that they are performed for no more than 3 hours a day and 60 hours in the entire period of vocational training, under the supervision of vocational teachers or instructors of practical vocational training who are qualified as welders; employment of juveniles in welding, cutting and fusion of metals may take place only in those positions where effective local and general ventilation is provided,
  - b) for manual blacksmithing works with hammers weighing up to 5 kg, not more than 3 hours per day and 60 hours over the entire period of vocational training, while complying with the energy expenditure standards set forth in Section I, paragraph 1, item 2 of Appendix 1 to the Regulation,
- 2) works in hot microclimates up to the value of 26°C of the WBGT thermal load index, performed up to 3 hours a day, provided that the standards of energy expenditure specified in Section I, paragraph 1, item 2 of Appendix No. 1 to the Regulation are maintained, and juveniles are provided with sufficient and appropriate beverages at their workstations and ten-minute breaks after every fifty minutes of work, that is the following works:
  - a) in the operation of metallurgical machinery and equipment and rolling equipment in iron and steel mills, performed by boys, if the following conditions are met:
    - the juvenile is gradually introduced to the implementation of the tasks envisaged in the framework of vocational training, starting with the observation of production processes, through initial training station exercises and auxiliary work in the operation of workstations designated by the curriculum,
    - full staffing is provided for job training positions,

- the system of standard and piecework may not be applied to juveniles,
  - juvenile class time may not exceed 2 hours per day in the departments of steel mills, rolling mills and blast furnaces,
  - practical vocational training of juveniles may not take place in sintering plants, in the measurement hall and throat of blast furnaces, in casting and funneling halls, in the mixing rooms of steel mills and rolling mills for sheet metal, pipe and wire,
- b) in the molding of glassware, excluding mouth-blowing, performed by boys over the age of 17,
  - c) in the manufacture of ceramic products,
  - d) in direct operation of bakery ovens in mechanized plants,
  - e) in the production of chocolate and caramel paste products, performed by juveniles over the age of 17,
- 3) work in cold microclimates, excluding work in cold stores and freezers, under the following conditions:
    - a) equipping juveniles with clothing with adequate heat insulation, in accordance with the requirements of the Polish Standard,
    - b) provision of hot drinks at workplaces,
    - c) observing that the energy expenditure does not exceed the standards set forth in Section I, paragraph 1, item 2 of Appendix No. 1 to the Regulation, and to limit to 3 hours per day the working time of juveniles in premises with a temperature lower than 10°C; in the event that it becomes necessary to perform work without protective gloves, it is permitted to employ juveniles in conditions in which the value of the air cooling power index WCI does not exceed  $800 \text{ kcal} \cdot \text{m}^{-2} \cdot \text{h}^{-1}$ .

#### **4. Works in exposure to harmful biological agents:**

- 1) works in health care facilities, except in hospitals (hospital wards) for infectious diseases, up to 6 hours per day, excluding the following activities:
  - a) carrying out, washing and disinfecting vessels with excretions, secretions and other potentially infectious materials, washing contaminated patients, assisting with physiological needs,
  - b) disinfection, disinfestation, deratization work with toxic chemicals,
  - c) collection and transfer of materials for laboratory tests, such as feces, urine, blood, sputum,
  - d) performing post-mortem toileting and working in dissection rooms,
- 2) works in manual and machine cutting of leather – up to 3 hours per day,
- 3) milling works in the operation of cleaning and grinding machines, performed by boys over 17 years of age, provided that dust concentrations do not exceed 2/3 of the values of the maximum permissible concentrations specified in the regulations on the maximum permissible concentrations and intensities of factors harmful to health in the workplace,
- 4) works in contact with agents that pose a risk of sensitization, provided a specialized medical opinion on the absence of health contraindications to contact with these agents is obtained.

### **III. Works involving the risk of accidents:**

- 1) butchery and cooking works, in cutting meats into fine parts, supplementary cutting and processing of meat parts,
- 2) fish filleting work,
- 3) work in the construction, repair and maintenance of railroad pavement, in a separate school workshop, on tracks laid exclusively for training purposes, in a fenced area, excluding the immediate vicinity of active railroad tracks,
- 4) works of a driver of a motor vehicle, if the vocational training program provides for the student to obtain a driver's license authorizing them to drive such a vehicle,
- 5) works of sailors and fishermen,
- 6) works on operating tractors and self-propelled agricultural machinery,
- 7) works in depressions of up to 1.5 m enclosed in accordance with the requirements set forth in the regulations on occupational safety and health during construction works,
- 8) certain types of underground works in coal mining, deep ore mines and salt mines, as well as in quarries and open-pit mines provided for in the programs of practical vocational training, performed by boys, provided that the following requirements are met:
  - a) the working time of juveniles underground may not exceed 14 days per month, with the working time of juveniles up to 17 years of age not exceeding 4 hours per day, and juveniles over 17 years of age – 6 hours per day,
  - b) working hours for juveniles in quarries and open-pit mines may not exceed 4 hours per day,
  - c) during vocational training, juveniles may be employed in training fields, i.e., in mine departments specifically designated for training, or in training positions in mechanical and power engineering workshops and in underground mine operating departments approved for training purposes in the mine's traffic plan by the competent district mining office,
  - d) the employment of juveniles in training positions in the mechanical and power engineering workshops and in the operating divisions of underground mines is carried out with a full staffing of adult workers with appropriate professional qualifications,
  - e) juvenile underground work:
    - may take place after it has been established that working conditions comply with health and safety regulations, including the absence of excessive pressure, the absence of dust harmful to health, ionizing radiation, excessive noise, and the provision of good ventilation, favorable microclimate and adequate lighting, fire, water and gas safety, as well as convenient and safe access to the workplace,
    - must not take place in walkways that require a lying down or stooping position, in wet areas, at prospecting, in fire fields and in hazardous conditions where great care and experience are required,

- must not involve lifting, carrying or transporting loads above the standards set for juveniles,
  - f) the employment of juveniles underground may be carried out only under the supervision of vocational teachers approved by the competent district mining office, or instructors of practical vocational training approved by the head of the mining plant, with no more than 5 juveniles per instructor,
- 9) works of juveniles above the age of 17:
- a) related to the installation, dismantling and maintenance of power lines, switchgears, transformer stations and switching stations, including at a height of up to 10 meters, using the protective measures required by energy regulations, provided that the lines or equipment are completely de-energized while securing the work site in such a way as to exclude accidental energization of these lines or equipment and accidental approach to a dangerous distance to or touching of parts of equipment left energized, and provided that protection against the effects of lightning is used,
  - b) related to the construction and maintenance of catenary networks, including at heights of up to 10 m, using the protective measures required by law, with the catenary network de-energized and at the same time securing the work site in such a way as to exclude the accidental energization of this section of the network or the transfer of voltage through the pantograph of the traction vehicle; these works may be carried out only on the catenary network built specifically for training purposes or on designated sections of the railroad line where train traffic is suspended for the duration of the work,
  - c) related to the operation of traction vehicles and the operation of railroad traffic, performed under the direct supervision of authorized persons,
  - d) at heights of up to 10 meters, up to 2 hours per day, provided that full fall protection and exclusion of other hazards is ensured,
  - e) performed in school workshops or at training stations in workplaces adapted for practical vocational training:
    - when operating mechanical hammers, presses, rollers, scissors, cutters and drives and attachments transmitting motion to machines,
    - in wood processing using chainsaws with electric or mechanical drive, operation of circular, band and reciprocating saws, wood processing machines with direct manual feed of material and all works during harvesting, logging and transport of wood,
- 10) working under inadequate lighting:
- a) in darkened rooms (photographic darkrooms), up to 2 hours per day,
  - b) juveniles over the age of 17 to the extent needed for vocational training:
    - in film conservatories,
    - in film darkrooms,
    - in film editing,
    - as an aid in the operation of 35mm projection cameras equipped with arc lamps, provided that the work does not exceed 6 hours a day,

and in the cinematographer's booth – working time during 2 screenings.