

## Shabbat Laws – Part II

1. It is forbidden for women to braid their hair on Shabbat. Clips are allowed though.
2. If there is no Eruv in the area, you are not allowed to go out in public wearing sunglasses on Shabbat.
3. It is permitted to wash dishes on Shabbat if they are needed for the next meal.
4. When washing dishes on Shabbat, it is forbidden to use soft sponges because they absorb water and squeezing is forbidden on Shabbat. You may use metal or plastic sponges.
5. You may use liquid soap or a bar of soap on Shabbat since you are not trying to change or create anything; you just want to clean your hands.
6. When using diapers, you must be careful when removing the tape to not rip the diaper. You may not re-stick the tape to close the diaper though.
7. You are allowed to pour hot water into a cold baby bottle but not cold water on hot water.
8. It is forbidden to let children over 12/13 play with battery operated toys on Shabbat even if they are turned off, they are still muktzeh.
9. It is forbidden to extract blood on Shabbat. So if you get a cut, you must be careful not to press on it and let more blood out.
10. Many poskim allow you to brush your teeth on Shabbat but it must be done very gently so as to not extract any blood.
11. It is forbidden to do anything that might arouse public suspicion. Example: even if we have an eruv, we shouldn't carry big things because non-Jews will think we are violating Shabbat.
12. It is forbidden to apply cream on hands or face on Shabbat.
13. It is forbidden to use hairspray on Shabbat.
14. It is forbidden to kill insects on Shabbat. If they are on you then you can gently remove them but can't put them in water to drown them, you may put them outside.
15. It is forbidden to switch battery powered appliances on and off. Battery is the same as electricity and also forbidden.
16. It is forbidden to open a freezer/fridge on Shabbat if it will activate the light or fan.
17. It is forbidden to set a camera to record on Shabbat even with a timer (like an alarm system camera).
18. If your phone rings and the caller ID shows that it is someone you know only calls for an emergency then you may answer but you must pick it up in an unusual way.

19. It is forbidden to pass through an automatic door on Shabbat unless a non-Jew is passing through and it is opened.
20. It's forbidden to use an elevator on Shabbat even if you are not pressing any buttons for many reasons. One reason is because when you go on, it turns on the automatic weight sensors.
21. According to Rabbi Ben-Zion Abba-Shaul, only elderly and sick people may use a Shabbat elevator.
22. Our Rabbis forbid the use of noisy appliances (washing machine, dryer, etc) during Shabbat because they ruin the sanctity.
23. It is forbidden to bang utensils together or on a table and create music on Shabbat.
24. It is forbidden to use a timer to operate a television on Shabbat because it ruins the sanctity of Shabbat.
25. It is forbidden to set a timer before Shabbat to automatically operate a dishwasher on Shabbat.
26. It is forbidden to run or do exercise on Shabbat, with or without equipment because it will cause one to sweat.
27. It is forbidden to talk about mundane activities on Shabbat such as "tomorrow I have to go do this..."
28. When you see someone on Shabbat, you should greet them with "Shabbat Shalom" rather than just "hello" because it makes Shabbat nicer.
29. One must avoid being sad on Shabbat so it's better not to give someone bad news unless it's an emergency.

