

National Youth Safety Essay Scholarship Contest Winner

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At first glance, I merely thought that the OSHA 10-Hour online course and card were nothing but a requirement I needed before I was able to take my high school's Electricity course. As I continued taking the online course, I began to realize that this OSHA course taught more than just how to be safe in a typical high school workshop. It teaches students and workers alike how to be safe in various environments, such as at work in construction sites, laboratories, etc., at home, or even in public areas. OSHA's online course does a great job at showing how many hazards exist in the work environment and how to think safe, and be safe. After completing the course, I continue to use the information given to me by OSHA to remain safe in the workplace.

I currently work in the kitchen of a sit-down restaurant, and I've come to notice that the knowledge from OSHA's 10-Hour Online Course does not just pertain to construction, agriculture, workshops, etc. The information can be applied even in a restaurant setting! For instance, while I was working one day, I noticed there were electrical outlets located directly above the basin we used for raw meat. I addressed my superiors, and they covered the receptacles so that no one may be electrocuted. Ever since, I've always looked for other hazards that may appear in the workplace to keep my coworkers and I safe.

I will continue to use this knowledge in the future as well. I will be attending college beginning next year to study computer science. Once I graduate and achieve a career involving computers and software, I will take my OSHA knowledge with me into the laboratory and remain safe by keeping an eye out for numerous hazards that may be present in the environment, such as electrocution, crushed by falling objects, and other hazards! I will also attempt to share my OSHA knowledge with others because I believe that this information is something that anyone who has a job should know. This knowledge can be used to "Think Safe, Be Safe" in almost any work environment, expanding past the environments mentioned in the OSHA 10-Hour Online Course. In order for workers everywhere to be safe while working, safety knowledge is required, and I will attempt to spread this knowledge throughout my life to my friends and coworkers to ensure the safety of everybody around me.