

National Youth Safety Essay Scholarship Contest Winner

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Throughout life there will be multiple situations in which adversity must be faced, moments that require the utmost care, and situations that demand your full attention; most importantly extreme caution. Although I had earlier matters which aroused my perception, OSHA has allowed me to realize the importance of protocol. Not just as a program but as an aid to the world and history around me. Aside from OSHA broadening my position within the health programs I participate in, but also at school activities, and most importantly home. Growing up in a household where safety wasn't priority this 10-hour program helped enhance and protect my approach towards hazards, mainly to alert and prevent others from being in danger.

There would be multiple rainy days and still to this day, in which I would run to place a slip-prevention mat upon the entrances and exits. Countless dinners where I'd switch the cutting boards from beneath my parent's nose to prevent cross contamination, and endless situations in which I'd feel more comfortable running to an authority figure to ask questions than to make a decision on my part that would end in a futile consequence. The impact and realization of past diseases, incidents, experiences and contamination startled and left me in shock. Regardless of age, it's never too late to learn of the Triangle Shirtwaist Factory incident.

OSHA helped me realize that there is never a stupid question that deals with your safety, for example wanting to know where the best fire exits, routes, and plans. It's been a few months since I've taken a look back on the program that I finished; however, they were the most informative ten hours in which I actually learned about life, and attentiveness as a whole. Despite the disturbance, and slight annoyance I was at times toward my family who weren't aware of regulations, I continued to press the importance of safety and rules upon my boss and peers to maintain conscious of their surroundings.

Upon receiving my card, I felt very secure to have the blue card snug in my wallet and more than accomplished to educate others on the matter of security and health regulations. I've not only become much more aware and open-minded to the immense possibilities of incidents but quite attentive to instructions and rules. Volunteering in a hospital setting is quite the experience, where every day is a new day and OSHA is second nature. Working in a restaurant is an adrenaline rush, and at times an accident waiting to happen, having a parent working in a warehouse is nerve-wracking, yet reassuring them what to do and prevent, gives you peace of mind to know that they'll be ok.

However many life-threatening, gut wrenching, or simple day hassles I am to face, OSHA will forever serve as a lifetime guide in taking cautious actions, steps and preventions to guarantee safety for everyone around me.