

National Youth Safety Essay Scholarship Contest Winner

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The OSHA 10-hour wallet card was achieved this year in my clinical rotations class. This class required the completion of the course because it was a necessity for students going to the hospital. At first, I did not hold much care for these lessons and believed they would not be as useful as they ended up becoming. Now being surrounded by the healthcare facilities multiple times a week, I can genuinely state that receiving this card granted me much preparation for my future and protected me from the dangerous hazards that I encountered.

The lessons I have learned from OSHA opened my eyes towards things I never realized before. It gave me answers for why certain healthcare workers perform certain tasks such as cleaning up broken glass immediately, and wearing personal protective equipment at all times. I was introduced to numerous experiences with the information taught by OSHA in my first clinical rotation at the hospital. Being a junior in high school, my first experience with this knowledge began in the healthcare field as I observed nurses, technicians and doctors working with patients. I was shadowing a respiratory therapist my third day at the hospital when a code blue was initiated, meaning that a patient needed CPR. The healthcare workers all geared up with personal protective equipment and made sure their hands were very clean before touching anyone. The course emphasized the importance of keeping yourself protected because things such as disease that a healthcare worker may receive from being exposed to bodily fluids (such as blood or urine from a patient) were likely. When the patient came in with the ambulance he was quickly transported onto the bed and given multiple IVs. Some of these needles were dropped on the ground due to all the commotion. However, learning from the OSHA course online, I was educated that the needles should not be touched without personal protective equipment and to be very cautious when handling them due to their hazards if accidentally poking yourself. OSHA's course provided me with knowledge that was very beneficial in keeping me safe from hazards in the circumstances of the healthcare facility.

Taking the OSHA course and having the credential will certainly prove useful in my future career, because I plan to be in the medical field. I am striving to one day work as a dental surgeon where safety precautions described in OSHA are utilized daily. From touching patients while working on their teeth, to cleaning up a bloody mess in the office, the information granted in the course can assist me from all hazards around. Not only will it prove to be useful for my safety but also help me keep my rights protected as a worker. Taking the course also helped me understand that workers do not have to be discriminated upon. People deserve equality and fair treatment for all workers. The knowledge I now possess allows me to decipher wrong from right in any situation if it poses a threat against me or my fellow workers. From taking the course, I observed and was provided specific circumstances where actions were done incorrectly. Being able to identify them in the lessons also can assist me in identifying them in my future job if the case may be.

The OSHA 10-hour wallet card has initiated my life towards a positive direction through the knowledge it awarded. I hope that dangerous scenarios can be avoided more and more as I progress through the healthcare field as a student and as a worker with the training I have received. The OSHA training wallet card has kept me and my fellow workers from harms way in the past and hopefully will in the future.