

National Youth Safety Essay Scholarship Contest Winner

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Being a plumbing student at a technical high school require me to complete the OSHA 10-hour construction course. Completing this course has had countless benefits and will continue to prove useful in the years to come. From working at my job at a local supermarket to potentially working in laboratories, seeing my OSHA card in my wallet will remind me of the important lessons learned.

Before my first day working at my local supermarket, I made it clear to my supervisor that I am OSHA trained. I feel that possessing this training gave me an advantage over the other applicants. On my first day, I immediately noticed many hazards because of my OSHA training. Firstly, many slipping hazards were present and ladders were improperly set up. Immediately, I notified my supervisor and him and I took the proper steps to correct the issues. Currently, I am tasked with training the new hires in my department and I ensure to pass on my knowledge gained from the OSHA course. I make it a point to show the proper ways to use a ladder, proper ways to clean spills, and the proper ways to lift heavy loads. Additionally, I made sure that cleaning chemicals were properly labeled and stored, as well as had proper MSDS on file and most importantly, I ensured that eyewash stations were properly labeled and unobstructed. Completing the OSHA 10-hour course has proved to be an asset to both myself and my coworkers, and will continue to be effective in the future.

Currently, I will be attending Westfield State University and pursuing a career in the environmental science field. This field opens the doors to a multitude of different fields and I feel that my OSHA training has prepared me to work safely in any environment. In the future, I will work in a laboratory. Because of the knowledge that I have gained from OSHA, I will ensure a safe working environment. I have learned that proper PPE is the most important aspect of maintaining a healthy work space. I will ensure that proper gloves, eyewear and other forms of PPE are worn always. Additionally, I may be tasked with handling hazardous materials. In that case, my knowledge of using an MSDS will be used to determine the hazard, what PPE is necessary, and what procedures must be followed. My field may also take me out of the laboratory and refocus my efforts on conserving ecosystems. Being trained in the construction course prepares me for a multitude of situations. I am prepared for falling hazards, hand and power tool use and safety, ladder use, and electrical hazards. The lessons learned from completing the OSHA 10-hour course that will prove to be valuable in any career that I choose.

Having the OSHA 10-hour card in my wallet is not there for nothing. Every time I glance at it, I am reminded of the valuable lessons it has taught me and the countless times I have put my knowledge to use. Going forward in my career, I will continue to work with one thing on my mind – safety. Whether I am in a supermarket, in a laboratory, or on a conservation site, I know I will be able to protect myself and my co-workers. I will always be able to recognize and prevent hazards because of this course and I am proud to possess this knowledge. My OSHA training has proven to be my most valuable asset on the jobsite and will continue to aid in recognizing, preventing, and maintaining hazards.