

## National Youth Safety Essay Scholarship Contest Winner

**Wadad Elaly**

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My name is Wadad Elaly and I am a Sophomore at Sullivan High School in Chicago, IL. The career path I am most interested in is within the health field. I hope to one day become a pediatrician, which has been my dream since I was young. I want to be a pediatrician because I like little kids and I want to help make a good life for them. As a supplemental high school class, I took Intro to Health to get me started on my future. My teacher gave the class access to the OSHA website for extra credit. I could not pass up a chance to learn more and better my grades. I diligently worked on all of the modules and completed everything that was offered. This opened my eyes to the world of healthcare and the ways in which safety is achieved. The OSHA 10-Hour Training Course familiarized me with safety concerning the protection of myself, what to do in a fire, and how to be body conscious through ergonomics.

One of the most important things I learned through the OSHA 10-Hour Training Course was which personal protective equipment (PPE) to use in different scenarios. My teacher, Mrs. Evans, even brought in PPE for the class to experience. I learned how important it is to wear proper protective clothing for myself and for the patient's safety. When I become a pediatrician, I will need to wear gloves when treating patients and drawing blood, respirators near patients who have TB, and full body suits, masks, shoe covers and hair nets in surgery. I will need to wash my hands thoroughly and consistently throughout the day to make sure I meet all standards of care. These precautions should prevent me from injuries and illnesses that may result from contact with chemical, radiological, physical, electrical, and other workplace hazards.

Another important issue that the OSHA 10-Hour Training Course made me aware of was fire and chemical safety. This is helpful in any setting-home or hospital. I learned that an employer must provide a fire prevention plan, fire evacuation route, and ensure that all hazards are communicated to employees. It is beneficial to know that this is a standard because it guarantees a required level of safety for employees. When I become a doctor, I can rely on my employer to keep patients and myself safe from fire and chemicals through proper labeling, storage, and information. Even though this information should be readily available by my employer, it is good for me to know the ins and outs of certain equipment like fire extinguishers. BC fire extinguishers are ones which contain sodium or potassium bicarbonate. This type is suitable for extinguishing only flammable liquids and energized electrical equipment. ABC fire extinguishers contain ammonium phosphate which is good for use with fires involving ordinary combustibles, flammable liquids, and energized electrical equipment. This knowledge will help me know what to do and which kind of extinguisher to look for if there is a fire. Fire hazards are very common and can be easily prevented!

The last issue that the OSHA 10-Hour Training Course made me aware of that can benefit my future was ergonomics. This can help the body by reducing fatigue and increasing energy. Ergonomics involves keeping the spine straight and both feet on the ground when sitting which is something I can practice in the present at school or home. I learned that all of us could significantly reduce our risk of injury if we adhere to ergonomics. When I am a doctor, I will sit at a computer charting patient information and will need to have proper posture to keep injury at bay. This will help me feel better working long hours. There will also be times when I will need to lift heavy objects by using the appropriate larger muscle groups to avoid pain. These recommended practices are already becoming a staple in my everyday life.

OSHA training helped benefit my future as a pediatrician by giving me the knowledge I need to recognize the hazards I listed to keep myself and others safe. This will allow me to provide the best care in my passion for healthcare and my work as a pediatrician. I'm grateful that ergonomics, fire and chemical safety, and proper protective equipment are all things regulated by OSHA and that I now have the information to pull from in case of any type of dangerous situation. I feel safe and supported knowing that I can report my concerns to OSHA at any time. All of these things will make me the best I can be in my field.