

National Youth Safety Essay Scholarship Contest Winner

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At the beginning of my senior year I had begun taking a class called Mechatronics. This is a class dealing with machines and very harmful equipment. You learn about the basics of mechanics. The very first week we were told we would be taking the OSHA 10-Hour test. Of course, as any senior you would think "a test already?!" But as we began the test I noticed the test was actually to help me stay safe and teach me ways to take precautions. Knowing this, it was a lot easier to take and to learn from.

Before any of this training, I never really understood the importance of safety and all the thought, material and procedures that went into it. The OSHA 10-Hour training course has not only taught me safety, but has also helped me in another class I am taking. This class is called Clinicals. In this class, the goal is to work towards getting your Certified Nursing Assistant (CNA) license by working in actual healthcare places such as hospitals and assisted living facilities. This has helped impact me because, being in a Healthcare setting you face serious safety and health hazards. Taking the OSHA 10-Hour course taught me about bloodborne pathogens and biological hazards, chemical exposures, respiratory hazards and keeping good body alignment, which is very important in healthcare because it consists of performing repetitive tasks. Who would ever think the OSHA 10-Hour course would help you just when doing something as simple as making a bed? From that I can say it helped me by being careful when raising the beds up to make them, and even when lifting patients.

As a result of the training, I can go to my Clinical Internship and be more confident in what I do just by knowing the safety of my job. Patient transfer and lifting devices are key components of an effective program to control the risk of injury to patients and staff associated with lifting, transferring, repositioning or movement of patients. Not only has it made me confident, but I began to explore and use what I learned in the facility. With that, I found where we keep our MSDS (Material Safety Data Sheet). This way in my internship if something were to happen I would be able to take the right precautions.

For instance, at the assisted living facility where I'm completing my clinicals, I deal with patients using precautions. The precaution signs are labeled with airborne, droplet or contact – all three very important infections diseases covered in the OSHA training. This means they may have a diseases for which I need to wear PPE for and be aware of. Without taking the OSHA-10 Hour course 1) I wouldn't even know what PPE is, or 2) know how it benefits my safety and protects me from hazards.

As a result of the OSHA 10-Hour training, not only am I more aware of my surrounding when working, but I'm also able to keep myself and other employees safe. I find this very important. Some people did not get the opportunity to take this training. I would suggest anyone to take the OSHA 10-Hour course as it will benefit them in numerous ways and you'll never know what employer will see your certification and find you important to their team!