

National Youth Safety Essay Scholarship Contest Winner

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The OSHA 10-Hour course has taught me things I would have never known, like PPE, fire and chemical hazards, and even an unfamiliar topic, ergonomics. While growing up I always wanted to design and build buildings. My intermediate school science project was designing and building a bridge which qualified for the state science fair. At this point in my life, I was not concerned with safety – just how the structure looked and held the most weight. As a junior in high school, I enrolled in the Drafting and Design program at Seward County Community College. This is when I decided I wanted to major in Architecture. I am majoring in Architecture at Oklahoma State University. After I graduate, I plan on working for a large architectural firm. Later, I would like to start my own business of designing and constructing custom homes and offices.

I took the OSHA 10-Hour General Industry course my senior year in welding class, and it has helped me realize many of the situations that happen in the workplace and to stay alert and safe. The information provided within the course assisted me in understanding the need for increased safety in the workplace and to stay alert and safe. The information provided within the course assisted me in understanding the need for increased safety in the workplace. Many of the principles I learned from this course can be applied to everyday life; some are common sense, while others are more job specific. I have learned about personal protective equipment (PPE) and how it keeps you best protected. I will use this knowledge to help me in my workplace to keep a safe working environment. I need to consider the safety of those who are building the structures as well as those who will work or live within them.

Completing this class has helped me realize all the potential problems that can occur in a building and how important it is to be safe and proactive. This course has opened my eyes to see how dangerous some of the buildings and situations I have been in. I have always known that it is important to stay safe, but the OSHA 10-hour course has shown me numerous ways to be safe and protected as well as to help others stay safe and alert. I completed a summer internship for the bond project manager of a 120 million dollar school construction project. My supervisor informed me during the interview process that earning my OSHA card and completing the requirements to receive this card, helped move my resume to the top of his applicant pool. In this position, I entered construction sites each day. When I check in at the construction superintendent's office to get my PPE and enter the site, I have noticed the OSHA compliance posters to remind workers and authorized personnel to remain safe and alert. Having this training helps me understand, appreciate and respect this information with more detail. After this internship, I decided to complete the OSHA 10-Hour Construction course to further my knowledge in the construction industry.

During my first semester, I took two classes in Architecture where I have created and build model structures. I utilized my OSHA knowledge to plan for safety while working on these structures as well as how I developed my design. The OSHA 10-Hour Construction course I completed enhanced my knowledge and will provide me with additional information as I pursue my skillset in developing safe structures.