

National Youth Safety Essay Scholarship Contest Winner

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“Safety starts with you!” I recently completed the 10-Hour OSHA training for my Logistics and Distribution class. Since completion, The Occupational Safety and Health Administration (OSHA) has drastically impacted my knowledge for safety in the workplace in various ways by helping me have a better understanding of the dangers in the workforce and by also teaching me the proper way to stay safe and keep other workers safe.

This course has changed my view in hazardous conditions, and I have come to learn that hazardous conditions exist in every workplace and how they can not only affect me but also other workers around me. OSHA has taught me that many precautions can be taken to prevent the risk of injuries. One important precaution is that everyone should be aware of the different type of hazards and how to fix them so future injuries can be prevented.

Before OSHA, I only knew the basic safety rules, but since completing the course, it has changed the way I recognize hazards. For example, I was helping my dad move some boxes from the storage and looked to see if I can catch any dangers and I did catch a few but thanks to my training I was able to take precaution. First thing I noticed was that my dad was wearing sandals so I let him know about the proper PPE he should be using such as wearing appropriate footwear just in case a heavy box could fall on his feet. The second thing I did was make sure the pathway to moving the boxes was clear so it can prevent anyone from tripping. The third thing I noticed was that my dad wasn't using the correct Power Zone. So I then explained how he could injure himself or drop the boxes if he didn't correct his power zone, so I explained to him that the correct power zone is lifting close to the body, between mid-thigh and mid-chest height. Thanks to my 10-hour OSHA training my dad and me were able to move boxes with no injuries and with safety. OSHA also taught me about emergencies and how we should always be prepared. I learned how to prepare in case of natural disasters, gas leaks, fires, and chemical spills were to occur. I learned how to put out a fire and the different fire extinguishers also about the importance of escape plans in buildings. Without OSHA I wouldn't know anything about how to prepare for these types of emergencies which is really great knowledge one should know.

Furthermore, because of OSHA, my future workplace will now be safe not only for me but everyone else. I will be able to help others stay aware of the many hazards around the workplace thanks to the opportunity I had in receiving this training. Thanks to my 10-Hour wallet card I will now have a benefit when it comes to applying for jobs which will help boost my confidence and will have me more self-assured during future job interviews. I am beyond thankful for this experience and knowledge this course has provided me. It might have taken a while to complete all those videos, but it is all worth it in the end.

In conclusion, the OSHA 10-Hour Occupational Safety and Health Training Course have been an eye-opener for me. Receiving the wallet card has been a great achievement for me because it has given me the verification to be certified in workforce safety which helps me have confidence and responsibility when it comes to dangerous situations that can occur. It also helps me take action in situations that were thought to me which can help me spread the safety knowledge to others. Thanks to the OSHA training I received I have learned so much, and now I can apply it to real-life situations, and I can be safe and spread safety to others.