

National Youth Safety Essay Scholarship Contest Winner

Juan Lucero

Liberal High School

My name is Juan Lucero. I am a senior at Liberal High School. I have completed both the OSHA 10-Hour Construction and General Industry in my production Welding Process classes. As an Avid student, my future plans are to attend my local community college, Seward County Community College. With the help of my OSHA training, I will weld part-time and attend class as well. I want to pursue a career in architecture and a secondary occupation as a welder. The OSHA training has equipped me with the knowledge I need to be successful through the various modules. I am now aware of what the field has to offer and what it takes to do the job safely. I will share with you why I proudly carry my OSHA 10-Hour training cards in my wallet wherever I go, and the impact that these letters have on me.

“OSHA” to some people might just be another acronym, but to me it has become a “life changer.” What does OSHA represent? The “O” stands for Occupational, relating to a job or profession. The impact OSHA has on me in my job is immense. I work in a nursing home as a dietary aid, and I have realized how important Personal Protective Equipment (PPE) is when taking care of the elderly.

The “S” stands for safety, the condition of being protected from or unlikely to cause danger, risk, or injury. The OSHA program has put me through different scenarios, which I have encountered while working at the nursing home. I am exposed to infections and diseases, but with the help of PPE and Bloodborne Pathogens, I have the knowledge and the skills to use safe work practice controls in order to minimize or eliminate the exposure to bloodborne pathogens. It has taught me to take a different approach when assisting a resident and how to be aware of and avoid different hazards. PPE has also enhanced the way I look at keeping my working conditions sanitized to avoid contamination from one resident to another and how to follow directions and respond if an incident were to happen. I have the assurance that both the residents and I are living and working in a safe environment.

“H” is health, the state of being free from illness or injury. I want to be a highly certified welder. Having my OSHA 10-Hour card has allowed me to take the first step to reach my goal. Employees that hire me can rest assured that I put safety first on the job and the job will be top notch.

“A” is administration defined as the day process or activity of running a business or organization. I also have a dream of owning my own business someday. OSHA has given me the skills I need to make this happen. I want my employees to be trained, as I was, “To Put Safety First.” OSHA can do that for them as well!

OSHA has equipped and empowered me with the tools I need to make a difference in the world around me, at home, school, and on my jobsite. I now realize how important it is to be cautious and alert no matter where I am. I have completed my OSHA 10-Hour Construction/General Industry. They have truly been a life-changing experience for me that will make a big impact in my career and allow me to pursue all my endeavors. I am walking into a successful future with my OSHA 10-Hour wallet card.