

National Youth Safety Essay Scholarship Contest Winner

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As a student planning to be in a healthcare profession taking the OSHA 10-Hour course helped me recognize hazards all around me in a more efficient manner. The information I obtained from this course will continue to help me identify hazards in the future and possibly aid me in saving a life or multiple lives. The OSHA 10-Hour course was very helpful and informative, to the point that I could use the skills taught in my everyday life.

Additionally, I am a student enrolled in the clinical rotations program at Cypress Lakes High School where we go to the hospital and observe many of the operations that different types of health professionals do all around the hospital. Some of which may include following a registered nurse in the Emergency Room to following a medical technician in the Intensive Care Unit. Personally, I have seen a number of fixable hazards in the hospital while observing the different rotational sites. OSHA has given me the knowledge to recognize and deal with these minor risks at hand. For example, in the Intensive Care Unit, there was a spill of IV fluid and I was able to locate the proper utensil to clean the mess to prevent any slips or falls. The smallest liquid spill, if not cleaned properly, could lead to further serious injuries for both a patient or healthcare worker.

Furthermore, the use of proper lifting techniques taught in the OSHA online course has helped me teach others, like my mother who is a PNA that deals with many heavy elderly patients. For a while, she would complain of back pain and experience many strains on her neck and lower back because of the improper use of medical mechanics. Thanks to OSHA, I was able to demonstrate to her the proper way to deal with a heavy patient. This improved her working quality as well as her physical health.

Overall, the OSHA program has helped expand my skill of detecting and dealing with hazards in the workplace. As well as helping me help others improve their way of performing tasks at work pertaining to dealing with certain patients and environments of work. OSHA will benefit me in the future of my healthcare career by aiding me to be alert and observant of any mistakes that could lead to serious injuries or complications.