

National Youth Safety Essay Scholarship Contest Winner

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OSHA establishes safety rules to protect individuals from a variety of occupations, which includes those in hospitals, food industries, construction sites, etc. When I was learning through the 10-hour OSHA General Healthcare course, it has allowed me to take precautions everywhere I go for my safety. However, the course did teach me to teach those around me to be safe by sharing my safety knowledge.

Even though my dad does not work in the healthcare industry, the information I learned in the 10-hour OSHA General Healthcare course did apply to his occupation. My dad works to create machine parts for oil rigs and on the side, he would fix up houses for resale. Both jobs are high risk, but after I learned from the course, I went to his job and taught him a few tricks to keep his job safer for him and his employees. When I went to his job, the first thing I noticed was a large rectangular box that was placed in the entrance. According to OSHA, that is a fire hazard because it has the possibility of blocking the doorway during a fire drill. Thus, we took out machinery out of the box, placed it in the work area, deconstructed the box, and recycled it. After, I noticed that there was a lot of exposed and frayed wires that had the potential to electrocute somebody, especially in a high traffic area right outside of the office. Then we took the time out of the day to organize and tape the wires to the floors, replace the ones that have been worn down, and covered them with a slip resistant mat. With the amount of money that went into replacing old wires, my dad did complain about the price, but I explained to him that it was necessary because there is a possibility that it could injure his employees. As a result, my dad started to educate his workers with what I taught him. When I came back to visit, everyone knew how to unplug cords and report frayed wires and tripping hazards. However, I did not stop there. My dad took what he learned from me and applies it to any house that he is fixing up. There are no longer fire hazards, broken equipment, or safety risk factors in my dad's work area. From a 10-hour course, it has the possibility to reduce injuries and save lives by spreading awareness about safety.

When working in the healthcare industry, there are many forms of hazards that exist. Bloodborne pathogens can cause diseases that have the possibility to hinder my life forever. OSHA taught me to identify the risks associated with Human Immunodeficiency Virus (HIV), Hepatitis B, and Hepatitis C virus. The fact sheet that they provided for me is now printed out, so I have the ability to review the importance of properly disposing needles and the steps that I need to take when there is a potential outbreak. OSHA taught me beyond what I could have learned in a classroom because they gave me the opportunity to apply my knowledge with the interactive programs that they have.

As an aspiring healthcare professional, this small OSHA card will provide me with big opportunities in the future. Now, I am knowledgeable about the safety procedure and ready to continue learning about the healthcare environment. This card allows me to stay one step ahead of my competitors, but it will allow me to keep them safe as well.