

## National Youth Safety Essay Scholarship Contest Winner

### **Atinuke Aliu**

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My name is Atinuke Aliu and I am enrolled in the Allied Health degree program at William Penn High School. After completing the OSHA 10-HOUR GENERAL INDUSTRY (HEALTHCARE) module, I became aware of hazards that I wouldn't have been able to identify before. I am able to identify hazards not only in the healthcare lab, but at home and in other activities that I participate in as well.

Lessons from each chapter helped me understand risks in certain situations, some of which weren't even related to healthcare. The Bloodborne Pathogens and Personal Protective Equipment chapters helped me in the hematology unit in my Clinical Laboratory Diagnostics class. I knew how to properly dispose of biohazardous equipment and samples, and how to keep myself and my lab partners safe from exposure to those biohazards. While I was helping my dad clear out the garage, I was able to show my sisters how to safely lift heavy boxes based on the information from the Ergonomics chapter. The Personal Protective Equipment chapter also helped me better understand what kind of equipment I should be using in the construction room when I am building for my event in Science Olympiad, and in the chemistry, lab depending on what we would be working with. Based on what I've learned in the Biological Agents & Infection Control chapter, I encourage my friends and family to get vaccinated and talk to them about ways they can prevent contracting infections like using hand sanitizer often during flu season.

Next year I am planning on taking Phlebotomy, and the lessons I learned from the Bloodborne Pathogens and Personal Protective Equipment chapter will help me take blood in a way that is safe for the patient and myself. The awareness that I've gained from the module will benefit me in the future because if I'm practicing how to identify and appropriately handle hazards now, these skills will translate over in the healthcare field and to future jobs.