

National Youth Safety Essay Scholarship Contest Winner

Nancy Benitez

Cypress Lakes High Schools

My OSHA 10-Hour course completion has helped me how to recognize and handle hazards in the most orderly manner. This course discusses how to effectively handle hazardous situations that can be experienced by anyone in the work field. As a future healthcare worker, this course expanded my knowledge of how to maintain a safe environment for patients, co-workers, and myself. The regulations and procedures that are taught and discussed in the OSHA 10-Hour course will be very well applied to my everyday activities inside and outside of my work environment.

Before completing the OSHA 10-Hour course and receiving my completion card I did not understand the severity and risk that I place myself and others by not following certain protocols. As a senior at Cypress Lakes High School, I am enrolled in the Health Science Practicum class that offers a Pharmacy Technician Certification. This class requires an internship at local pharmacies to obtain the knowledge needed to pursue my certification. At the pharmacy, I am responsible for the safety of my patients. There are certain situations that require me to correctly apply what I have learned from the OSHA 10-Hour course. For example, we stock the medications on shelves that are sometimes out of my reach. Now I am aware that there is a certain way to use a ladder to avoid serious injuries such as slips or falls. In addition, there are medications that are considered hazardous and require personal protective equipment (PPE). Due to my 10-hour training, I able to carefully put on and dispose of my PPE. Also, the OSHA 10-Hour course educated me on how to properly clean the equipment used to count and mix certain medications to avoid cross-contamination or medication excess that will endanger my patients.

In the future, I plan to become a nurse. My career choice will eventually require me to put into practice my OSHA 10-Hour course teachings. This course taught me how to carefully transfer patients from one gurney to another to avoid any personal or patient injuries by maintaining proper ergonomics regarding lifting, and poor posture. Furthermore, I will be exposed to a number of biological infections such as bloodborne pathogens. The OSHA 10-hour training taught me how to cautiously work and dispose of needles or instruments that may have body fluids. Also, there will be times that I will be exposed to chemical hazards. Therefore, I now know how to be vigilant in these cases. I have learned the symptoms and preventions to keep a patient or myself safe from the serious consequences to these exposures.

Obtaining my OSHA 10-Hour card is just a milestone of many. The OSHA 10-hour card represents the knowledge and dedication that I have obtained to maintain a safe environment for myself and those around me. Safety is the number one priority for anyone who plans to work in the healthcare field. This informative and detailed OSHA 10-Hour course helps anyone reach the safe environment they need by informing them how to properly handle any hazardous event.