

National Youth Safety Essay Scholarship Contest Winner

Rajvir Singh

Clovis East High School

The workplace can be a very dangerous place for you and those around you. I personally didn't realize this until I took the 10-hour Occupational Safety and Health Administration (OSHA) course through Career Safe. The purpose of this essay is to show how OSHA has helped me recognize potential hazards by bringing about awareness of the various dangers surrounding us such as infectious diseases. It has given me the proper training and knowledge I need to maintain safety such as the proper use of personal protective equipment (PPE). Aside from this, I have further learned to recognize the importance of the Health Insurance Portability and Accountability Act (HIPAA). The OSHA 10-hour wallet card will also continue to help me in the future by opening more opportunities for me and allowing me to protect my future.

The OSHA course has helped me recognize various hazards such as potentially infectious diseases whether they are airborne or bloodborne pathogens (BBP) and taught me how to avoid them. Because I have this certification, I am allowed to volunteer at different sites in my career technical education class. I currently volunteer at a senior home and next year will volunteer at the hospital. Currently, at the senior home, I have to interact with sick people. Many of them whether they know it or not could have airborne infectious diseases. Thanks to the OSHA 10, however, I know how to properly use and remove PPE like a mask, for example, to prevent myself from obtaining these diseases. In addition, next year when I start volunteering at the hospital, I will know how to use PPE such as gloves, gowns, and face shields to avoid BBP's like the Human immunodeficiency, Hepatitis b, and Hepatitis c viruses. I have also learned about the universal law of precaution which in simple terms states, if its wet and not yours, don't touch it. This new awareness allows me to stay cautious and always protect myself. Not only does the OSHA card I obtained through Career Safe help me in the workplace, but it also helps me protect myself in the public. I can potentially save my own life and my loved ones just because I took the 10-hour OSHA course which taught me how to properly protect myself. Likewise, I can also educate those around me on the importance of the simplest things like proper hand washing or wearing a mask out in public especially now due to the corona virus outbreak.

Not only has the OSHA card helped recognize potential hazards, but it has also revealed to me how important HIPAA is. Only now have I come to realize truly how important it is to maintain HIPAA; it's made me think how it would feel if someone violated my privacy. In certain situations, violating HIPAA can lead to more harm coming to the patient. Also, the person violating HIPAA also faces severe consequences potentially ruining their future. Many people aren't aware of this and accidentally violate HIPAA regulations. Which is why there have been 227,866 complaints in just the past 17 years (HHS Office of the Secretary). Thanks to OSHA, however, I'm aware of this and will make sure I never make this mistake by doing something as simple as gossiping. I will continue to use this OSHA card since all it will do is benefit me. It allows me to maintain safety and protect myself and those around me. I will additionally use this to educate others and raise awareness.

Alongside all of this, the card has also potentially opened several opportunities for me in the future. This is due to the fact that employers prefer hiring people who have already earned certifications such as this card. It will give me the upper hand since the employer will know that I am already properly trained and will not be a liability in the workplace. This is crucial because of how hard it is already to obtain a job at the age of 16. This will also benefit me in the future since I want to become a surgeon. In that field, it will be mandatory for me to have proper knowledge of HIPAA and how to correctly use PPE.

Honestly, this OSHA card has helped me out so much that it's quite amazing. I would recommend this course to anyone in an instant. It gives you the best opportunity to protect yourself from any and all injuries/diseases using simple processes such as the proper use of PPE. It has helped me raise awareness and will continue to help me even outside of the workplace such as when dealing with the corona-virus since it taught me how to properly do something even simple, such as washing your hands.

References: HHS Office of the Secretary, Office for Civil Rights. "Numbers at a Glance - Current." HHS.gov, US Department of Health and Human Services, 20 Feb. 2020, www.hhs.gov/hipaa/for-professionals/compliance-enforcement/data/numbers-glance/index.html.

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