

National Youth Safety Essay Scholarship Contest Winner

Sara Martinez

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My name is Sara Martinez and I completed and passed the OSHA 10-hour General Industry (Healthcare) course online. Throughout this course, I learned all about proper health and safety precautions. I was able to apply these new skills and knowledge to my Clinical Rotations class at my high school and use them when volunteering in the hospital. I plan to use them in college, medical school, and future jobs throughout my career. OSHA establishes the expectations that each employee should hold themselves up to and this course explains in detail what it takes and has led to the increase in outstanding and safe workers.

This course taught me to be more aware of my surroundings and carefully observe the healthcare personnel that I encountered to see if they followed the guidelines and if they practiced safety for themselves and the patient. I was able to learn and understand that each environment that I will work at or volunteer at will have different expectations, but all are centered around the same basic precautions. In the hospital, I practiced proper body mechanics when moving patients, making beds, and lifting boxes. In class, I practiced the correct techniques on washing hands and putting on gloves multiple times in order to be prepared to use those skills in the future and at the actual hospital. The hospital I was privileged to volunteer at takes their healthcare personnel safety very seriously and it was evident as there were available PPE everywhere and signs outside each patient's door that described and listed the required PPE needed to enter the room in order to maintain safety. The signs also had the correct way and order to put it on too. There are also many hand sanitizer dispensers across all the walls and in every room. Throughout the building, bright and detailed signs serve as reminders to repeatedly wash your hands in order to prevent germ contamination and to be as clean as possible. I was able to better understand what to do and how to direct others in certain circumstances and the importance of remaining calm in highly intense scenarios like a fire. When I volunteered in the hospital's ER, I saw patients that had open wounds and cuts and I was able to take care of them with care and caution because of the background I had developed during this course. I ensured that I carefully disposed of and was protected from all bodily fluids and materials that were contaminated by bodily fluids that the patients could possibly get on me.

As I carefully watched the teaching simulations, I realized the importance of carefully performing each step in all the processes in order to keep myself safe when in the workplace. I plan to volunteer in hospitals over the summer and to shadow a doctor so I will use the techniques, guidelines, and precautions to ensure I am practicing safety for myself and others. Each employee seemed to have been through adequate training and they demonstrated effective communication skills because each of them knew their roles in order to provide the best care for all of the patients in life threatening situations or recovering ones. The quizzes at the end of each lesson and test at the end of the course were helpful because they reinforced the ideas discussed and made sure I was ready to apply the new skills in the healthcare environments and fully grasped them. I was able to do well on each quiz and test because I was very focused when taking the course and worked hard to ensure I achieved success and the honorary certificate.

Since I have finished the course, in some jobs, I will automatically receive a raise because I am trained in this field and in other jobs I will be required to do less training since I have this in my background. Completing this course taught me a lot, opened up opportunities, and allowed me to be prepared when in a healthcare environment. I'm very thankful that I had the opportunity to take this course and I would recommend it to many people who are looking into being in a healthcare place. This course would benefit many and make the workplace a safer one. I now feel like I am ready to tackle whatever the medical field may throw at me because I have been trained through many scenarios.