

National Youth Safety Essay Scholarship Contest Winner

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Occupational Safety and Health Administration also known as OSHA is a 10- Hour General Industry [Healthcare] Course from the CareerSafe program. The purpose of this course is to establish safety for individuals to protect them from a variety of situations. Since then, this course has helped me obtain my certificate and has taught me to become more aware of the many hazardous things that surround me. Hazards can have several meanings in which they may refer to the Health Insurance Portability and Accountability act (HIPAA) and Personal Protective Equipment (PPE). This applies to my job shadowing site at the senior living center which is an assisted living for seniors for I must be careful to protect the resident's personal information and be cautious of the safety of the surroundings. Through OSHA I have been educated on how I can take precautions everywhere I go for the safety of others and myself.

The HIPAA is a way of ensuring the safety of protecting a patient's private information. For example, if I was told about a resident or a patient's privacy, I need to make sure that it stays confidential between the people who work there and myself. Also, OSHA on the other hand is about recognizing the safety work conditions of employees and providing different standards that have to be met. It's important to watch what you say because when you get too comfortable, you might accidentally slip some private information out that you weren't supposed to. In HIPAA, hazards can occur at any time such as being hacked, human error, or even viruses that can easily disclose information to the world about a certain individual's privacy. The purpose of having HIPAA as part of OSHA is to have set standards by providing education about the protection of others and respecting their private life.

As PPE was mentioned in the OSHA course, it's extremely important to recognize how this can help impact us in many ways. There are several hazardous situations that we may refer to as protection and food. Having supplies and equipment for protection can be used to help against the health and safety risk of others. It can also be used for when handling certain scenarios like bodily fluids because you don't want to get exposed to anything that'll cause harm to you or anyone around you. In an industry PPE for food, it is used to keep both employees and customers safe. For example, having employees wear gloves and hair nets when preparing food for the safety of the patients. The OSHA course has taught me a lot of educational resources as I continue to experience the outside world. I've become more cautious of my surroundings especially when there's germs or viruses spreading. This PPE is beneficial in many ways due to the fact that I actually use what I learn every day to maintain a good environment.

This course has led me to learn about a variety of health and safety issues. The health and safety risk in some residents living in facilities has opened up my eyes to be more alert about the residents surroundings. At the senior living center, it is my responsibility to make sure that all my residents are safe while under my care and it is my utmost goal to make sure that all my residents also feel safe from any situations that may bring harm to them. Due to the unpredictable nature of how each situation in the healthcare world may occur, many problems may still happen despite my peers and my efforts in trying to provide a safe environment for our residents.

Through the OSHA program, PPE has really helped me on how to keep the environment protected from infections and more whereas the HIPAA law has taught me to keep the residents personal health conditions private. This OSHA course has been very beneficial to me in many ways and with what I have learned thus far, I have the potential to develop and grow as I continue to explore my way into the healthcare world to keep myself safe and help me get a job in the near future. This OSHA 10- Hour Course has increased my knowledge and understanding of how to make others' be safe in their environment, including myself. Through this OSHA program, it is my ultimate goal to ensure the safety of others and my surroundings in my everyday life.