

## National Youth Safety Essay Scholarship Contest Winner

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As I have discovered new opportunities by way of my education, I have come to realize just how much there is out there for an aspirational and excited student to build a successful future for themselves. As one these students myself, recognizing and taking hold of these opportunities has helped me realize that my dreams can become a reality. One of these incredible opportunities was the Dual Credit Health Science class that my district offered. Through this class, I was able to earn college credit by actively working towards my goal of gaining experience in the medical field. In the end, I was able to earn a certification as a Nursing Assistant (CNA) and work in many facilities to gain clinical experience. Another extremely useful opportunity that this class offered was helping me to earn my OSHA certification by taking the 10-hour Occupational Safety and Health Administration course offered by CareerSafe. Taking this course and passing it has helped me greatly in my present activities in this class and beyond and will continue to do so in my future.

The variety of information that I have learned in the OSHA 10-hour course has helped me in many situations during internships in hospitals and long-term care facilities as a CNA. During many instances in which I had to handle a patient to turn them or take them to the restroom, my knowledge of ergonomics and how to safely move and transfer patients has helped greatly in preventing injury or the patient or myself. I also knew to protect myself with PPE when dealing with patients with transmissible diseases and when dealing with any bodily excrement. This helped me stay comfortable and safe in some situations to be better able to help my patients. Also due to my experience with OSHA, I was able to de-escalate intense situations with other patients. For example, when a patient began yelling due to her dissatisfaction with her discharge timing, I tried my best to keep her calm so that she stopped yelling and quickly got a nurse involved to guide the patient back to her room and explain her discharge to her. This helped the nurse to document the situation to keep tabs on this patient to prevent any more tense or violent situations. Another major way in which the OSHA 10-hour course helped me was through its information about HIPAA (Health Insurance Portability and Accountability Act). Before learning about HIPAA on CareerSafe, I thought it was acceptable to talk about patient information as long as it was with other healthcare professionals, but thanks to the course on HIPAA in the OSHA course, I now know that HIPAA has more rules such as where to talk about patient information and what counts as sensitive information. With this knowledge, I can successfully keep my patients' information safe and secure and provide for them as best as possible. Overall, the OSHA 10-hour course on CareerSafe has helped me to become a better CNA who can focus on taking care of her patients and building lasting memories as a healthcare provider.

Not only has the OSHA 10-hour course from CareerSafe helped me in my healthcare endeavors at school, but also in daily life. As a junior in high school who is preparing for new things in life such as driving, getting a job, and going to college, the OSHA course has guided me on these activities. For instance, the safe driving lesson in the OSHA course helped me to understand the importance of practicing safe driving skills and always paying attention on the road. This was helpful as I am just now beginning to learn how to drive and having these foundations will help me to become a better driver to keep myself and others safe. Also, its lessons on ergonomics, hazard communications, and emergency action plans help me to stay safe and alert in any setting, whether it's at a friend's house or at school. Having all this information and knowledge has opened my eyes to the dangers of everyday places and situations, which can arise at any time. With this helpful knowledge, I can prevent myself and others from being in danger of things and situations that I wouldn't have paid attention to before.

The OSHA 10-hour course from CareerSafe has definitely shaped my readiness for the world around me. From preparing for unruly patients in the hospital to a fire in a restaurant, this course has taught me how to keep myself and others safe in any setting, especially at work so that everyone can stay safe and get their tasks done, providing for a safe and efficient workplace. This knowledge is not only useful for me now but will continue to help me in my future as I build a career for myself and find myself interacting with new people in new places. This course has been an important stepping stone in furthering my knowledge and expertise to succeed in whatever I do and show my skills in any career.