Interning at Hellman & Associates, located in Wheat Ridge, CO was an amazing learning experience and challenged me to grow as a Health & Safety professional. I was fortunate enough to get hands on experience through client shadowing opportunities, industrial hygiene (IH) sampling and performing training presentations for clients.

The majority of my internship was spent shadowing coworkers while they visited clients. I got to visit a variety of workplaces including manufacturing, research laboratories, engineering firms and even an airplane manufacturer. I assisted in site visits, observed training presentations and got to perform IH monitoring. One of my favorite things about my internship at Hellman & Associates was the variety of tasks and work environments. Every day was a new and different learning experience.

When I wasn't shadowing job sites, I helped update Health & Safety Manuals, complete machine guarding assessments, organize safety data sheets, and enter jobsite findings into an online database for tracking. I got to expand and apply information learned in the classroom and learned a ton of additional information.

Hellman & Associates is an incredible company and work environment. I got hands-on experience, but was supported every step of the way. I was thankful to be part of such a knowledgeable and approachable team, who was always happy to help. Everyone was incredibly welcoming and friendly. Hellman touches on just about everything covered in the EH program including OSHA regulations, IH sampling, hazardous waste and more.