These past two semesters I have had the pleasure of working in Environmental Health Services as an Occupational Health Assistant Coordinator at Colorado State University. In Occupational Health (O Health), we work with all different statuses of employees from well renowned researchers to our facilities management crew.

During my time at CSU, I had the opportunity to experience vaccination clinics, fit testing clinics, smoking site evaluations, and even sit in on some important meetings. I was able to gain a wide range of knowledge including safety training, OSHA compliance, biosafety, respiratory protection, animal allergy surveillance, as well as writing protocols.

One of my biggest projects I worked on through this internship was updating CSU’s sharps protocol. I had to do research on regulations for sharps disposal and compare our protocols to other universities. Throughout my time here, I wrote and rewrote the sharps protocol countless times and was even able to try a new approach to containers. After many attempts and presentations to the biosafety committee, starting this June, the final draft of my work will be put into practice at CSU in all laboratories.

Another big part of my internship was updating and maintaining the Respiratory Protection Program. We designed a completely new system that automates reminders for annual renewals and stores historical fit testing records. Even though at first it was a little nerve wracking, I fit test the CSU Police Department and many of the researchers.

Overall, my experience working for CSU was positive and helpful in preparing me for future Environmental Health jobs. I have furthered my knowledge in basic EH concepts and also enhanced many of my computer and organizational skills. I would highly recommend this internship to any student that is looking to expand their experience in many aspects of Environmental Health.