I was granted the opportunity to work at Hellman & Associates during the 2017 Summer semester. Hellman & Associates is a consulting firm based in Wheat Ridge, Colorado with another location in Greensboro, North Carolina. Because I was not taking any school classes, it wasn’t too difficult to commute to Wheat Ridge every day from Fort Collins. Over half my co-workers are Colorado State University Alums, including the company president, so they are very familiar with the EHS program. The consultants I worked with had a vast amount of knowledge in OSHA regulations, Department of Transportation regulations, gas detection, and industrial hygiene monitoring. Therefore, I was constantly learning new topics and increasing my knowledge about safety. I was able to experience several different aspects of safety, but the highlights of my internship were performing OSHA standard trainings, inspecting client sites, and attending the ASSE conference.

After gaining some field experience, I was able to give a hazardous communication training to one of our clients. The audience consisted of all men, and I feel more confident in front of a male audience, so I enjoyed giving this training. They seemed very interested and asked a ton of questions. Some even joked with me and complimented me on the training. It was really encouraging to have a client be so receptive to a training that usually people are dreading to listen to.

Throughout my internship, I would travel with consultants to various client sites to perform site walk though inspections or compliance action assessments. I shadowed my supervisors and observed the deficiencies found in the facilities or on the construction sites. I obtained a mixture of construction knowledge and general industry knowledge, which allowed me to be familiar with both sides of the OSHA regulations. On construction sites, I was able to use my Spanish, which made the clients feel more comfortable. Visiting client sites was really interesting because I learned about different processes such as factory conveyor lines, architectural techniques, and clean rooms.

Furthermore, I was able to attend the American Society of Safety Engineers conference in Denver. The conference location changes each year, and fortunately for me, it was in Denver! I conversed with several safety professionals, observed new and upcoming safety products, and even attended a discussion panel.

Overall, I had a wonderful experience at Hellman & Associates and would recommend the company to any student who is interested in the consulting field or safety aspect of environmental health. This internship provides a wonderful learning experience for students.