During this past summer, I had the opportunity to intern at the National Renewable Energy Laboratory in Golden, Colorado. The National Renewable Energy Laboratory is essentially a research lab that is committed to solving current energy challenges through the development of new clean energies and the improvement of existing clean energies such as photovoltaics and wind technology.

During this internship, I had the opportunity to perform many industrial hygiene related surveys such as personal and area air monitoring, personal noise dosimetry, sound level monitoring, surface contamination wipe sampling, and ergonomic evaluations. I also had the opportunity to shadow environmental health professionals in the construction safety field. Aside from performing tasks related to industrial hygiene, NREL offers many safety related trainings and activities. Personally, I was able to complete several of these trainings such as laser safety training, self-contained breathing apparatus (SCBA) training, biosafety training, laboratory safety training, chemical safety training, compressed gas systems training, fire extinguisher training, and hazardous materials response activities.

While at NREL, I gained valuable experience performing surveys in various laboratories, machine shops, and construction sites. This internship did a great job of encompassing nearly every aspect of the industrial hygiene field. Not only was I able to improve my knowledge of environmental health, but I was also able to improve other skills such as communication skills, computer skills, and problem solving skills.

In general, I would recommend this internship to anyone seeking a career in the industrial hygiene field. The staff at NREL was exceptionally, enthusiastic, friendly, and knowledgeable about environmental health and safety. Overall, I found this internship to be one of the most valuable experiences I have had related to the field of environmental health.