2017 Summer Capstone Internship

My experience at TOLMAR this summer was incredible, and I would recommend this internship to anyone interested in environmental, health, and safety. TOLMAR is a pharmaceutical manufacturing company located in Fort Collins and Winsor that focuses on dermatological and specialty injectable products. My mentors were extremely knowledgeable and taught me as much as they could during my time here. Whenever I had a question or needed help with something, they were always there to assist me.

During my internship, I was assigned a variety of tasks and projects to gain exposure to many different topics. One of my biggest projects for the summer was creating a presentation for the monthly safety meeting for the research and development team. Many of the employees who work in the labs also attended this meeting. I put together a PowerPoint discussing lab inspections I did in one of the buildings, a PPE (proper protective equipment) reminder, reviewed emergency evacuation spots, and went over good chemical storage practices. Everyone was friendly at this meeting and gave me a round of applause once I finished.

I also performed a couple of tests for one of the departments. Workers were concerned about overexposure to Chloroform and 2-methoxyethanol during a titration test. I assisted one of the EHS specialists in IH monitoring to determine the level of these chemicals in the air. The results were well within standards, and I wrote the final report. Environmental swab testing was another sampling technique I learned how to do. I swabbed six different areas every other week in the department to test for Leuprolide, the active ingredient in Eligard. This method is used to ensure a chemical is not being transported to other areas of the department.

A few smaller things I worked on were maintaining the air permit for one of the buildings, helping with a PHA (process hazard analysis) for the planning of a foam suite, and learn about construction safety by sitting in meetings about different construction projects and walking around construction sites. I even attended a day of the ASSE safety conference in Denver as part of my internship! I feel very fortunate that I was given the opportunity to intern for this company because of how much I learned during my summer here.