NBB INTERNSHIP OVERVIEW

I was lucky enough to complete my Environmental Health internship with New Belgium Brewing, Inc., a brewery based out of Fort Collins. This experience was everything and more that I could have possibly wanted out of an internship; the department I worked in (Risk Management and Environmental Affairs) delves into all different kinds of aspects of Environmental Health and Safety and I have had diverse experiences across the board. This includes food safety, fall protection, OSHA Regulations and writing safety programs, groundwater sampling, sludge sampling, hazardous waste management, waste diversion, industrial hygiene sampling and reports, customer relations and management, teaching safety classes to different departments, and writing lock out/tag out procedures, for example. The wide variety of experiences was an excellent way to apply everything I’ve learned at CSU to real life situations and I appreciated how the company treated me as part of the team while I interned there.

My favorite experience was a HAZWOPER Refresher Training that unintentionally turned into a real incident. I was able to watch the training, help set up and take down. I also suited up in a Level A suit, including the SCBA. As practice, we had to run around in the suit, navigate the safety trailer and perform a task with the suit on. Some unexpected events took place during the training that required me to actually get dressed up in Level B protective gear, and aid in cleaning up what ended being an actual incident response.

I also enjoyed conducting a silica dust sampling study of the cellar operators to investigate if respirators are still necessary, post the implementation of an engineering control system to remove ergonomic, and subsequently, respiratory concerns due to the silica dust. I sampled, and analyzed the results of the samples, wrote a report and made recommendations for the benefit of the cellar operators.

Similarly, I was able to analyze and make recommendations based off of thermal stress sampling conducted in Brewhouse 1 during the hottest days of the summer when there was concern for heat stress in this production area. After writing a report and presenting findings to a committee, alterations to the conditions in the area will be made, again, for the benefit and safety of those who work in this Brewhouse.

To be trusted with the health and safety of my coworkers as an intern was a responsibility I was honored to have. I am sad to say goodbye to such a wonderful company, but am thankful for how much responsibility and priceless experiences I was provided here. I look forward to returning for the occasional check in with my supervisors, who are so knowledgeable and caring. It was an honor to work at NBB, and I'll carry the lessons and memories with me as I continue my Environmental Health journey.