Environmental Health and Safety Capstone Internship

May 2014 - August 2014

This summer I had the wonderful opportunity to complete my senior capstone internship at TOLMAR Inc., a pharmaceutical development company based out of Fort Collins, Colorado. Throughout my internship I had a number of duties and responsibilities that helped me to learn about EH&S as it relates to the pharmaceutical industry and TOLMAR in specific. Some of my projects and responsibilities during my time at TOLMAR included waste and hazardous waste management, providing safety training for the new employees, working on conversions of MSDS to the new GHS SDS format and rating system, performing Job Hazard Analysis on pharmaceutical bulking processes, water and wastewater sampling, and a number of miscellaneous health and safety projects that came up throughout my internship.

Having the ability to use my background education in a real-world setting while learning plenty of new skills and information was a really great way to see what I may be involved with in my future career. I had the opportunity to receive training on TIER II hazard reporting, API (Active Pharmaceutical Ingredient) and potent compound banding and handling as it relates to EH&S, basics on safety and LOTO (Lockout-Tagout) in the workplace and chemical safety and waste management. I was introduced to many things during my internship that I did not have much educational background in, including construction safety and building codes and the regulations (OSHA and RCRA) that came into play during these construction projects. Being able to get this experience has increased my understanding and prepped me for future careers where these same topics will be very relevant.

I was extremely fortunate to work with an amazing Environmental Health and Safety Team. The EH&S manager and two EH&S specialists are extremely knowledgeable and kind and truly wanted to get me involved in as much as possible so I could at least receive exposure to all of the projects that they are involved in on a daily basis. The EH&S team at TOLMAR is involved in more than I had imagined and I had the ability to see such a diverse range of projects and tasks. I was able to sit in on meetings ranging from current workers comp. cases to facility design meetings to potential medical monitoring for the development of new drugs. I believe that I truly received a broad, fully-encompassing range of information that many internships may not be able to provide.

This internship has been a wonderful learning opportunity and has given me a lot of great background to help me in my future career endeavors. I would absolutely recommend this internship to anyone as their Senior Capstone internship as it was a broad ranged and interesting internship that places you in a true industrial workplace that provides great background for future career opportunities. I feel as though I am more ready than ever to get out into the professional EH&S community and have received a great background for my future career.