Working with Hellman & Associates as a Colorado State University Environmental Health student was a great learning opportunity for me to grow as a professional. I learned so much by performing hands-on sampling, shadowing consultants as they worked on different job sites, and training employees to ensure their safety. I was able to interact with new people almost every single day, and learned to contribute in a professional working environment.

During my time spent with Hellman & Associates I went to many, many job sites, helped to organize the company’s training PowerPoints, and enhanced my writing skills by producing reports and entering site findings into an electronic database. One of the best things about this internship was getting to see such a variety of companies and how they operate. I was able to see a fair share of general industry sites and construction sites and how the regulations for the two differ.

When I wasn’t shadowing on job sites or working to compile training PowerPoints, I helped complete Health & Safety Manuals, Lockout/Tagout procedures, PPE Assessments, IH sampling and analysis. The variety of projects to work on was great, I was able to learn more and more about these topics we’d only touched on during class at CSU. In addition to the activities I’d work on in my down time, I also helped consultants to train employees on certain topics such as Emergency Preparedness and PPE.

Hellman & Associates has an extremely friendly and helpful staff that is willing to help at any point during the internship. I was able to ask questions and receive feedback whenever it was necessary. The employees made me feel like I was a part of the team the day I started, which I greatly appreciated. You should consider applying for this position if you have interest in OSHA regulations and/or IH sampling and analysis. Hellman offers great exposure to EH&S and most everyone that works there is a CSU grad (whoop whoop!!).