Interning at TOLMAR was an amazing experience full of a variety of engaging environmental health and safety activities. Based here in Fort Collins, the company develops and manufactures pharmaceutical products including topical ointments and creams as well as injectable products. As part of the EHS team, I was able to see firsthand almost every aspect of this process including manufacturing, warehouse operations, and multiple types of lab processes. For example, the picture to the right is me getting ready to enter the manufacturing area. To protect the products, employees are required to gown similar to how I am in the picture.

I was fortunate for the opportunity to participate in many fields of environmental health and safety here at TOLMAR. Specifically, some activities included the following: presenting the new hire safety training, collecting wastewater samples, assisting in air and noise monitoring, creating first aid kits, updating emergency contact lists, participating in a crane lift, editing EHS company procedures, attending various meetings, creating hazard waste lists, and other projects like researching chemical health effects on an infant for a nursing mother working in the microbiology lab. All of these have enhanced my knowledge further beyond what I have learned in the classroom. Because I am largely an experiential learner, these experiences were especially fruitful to expanding my education and my understanding of the career.

TOLMAR is a really unique place for a capstone. Not only did the internship allow me to further my knowledge of environmental health, but also, I was able to be a part of friendly and thriving company, to learn an expansive amount about the pharmaceutical industry and safety in manufacturing and construction environments, and to have the opportunity to work with an incredible and experienced team of EHS professionals. If you are looking for an opportunity to have a variety of environmental health experiences in a short amount of time, this internship would definitely be the right choice. I know that I feel I made the best choice in applying to TOLMAR and I am so grateful for my time here. I am confident the skills I learned through the internship have prepared me for the rest of my career.