

SS

YASMIN RAYA

SAFETY APPRENTICE



## WHICH APPRENTICESHIP ARE YOU DOING?

Safety, Health and Environment Technician.

## WHAT LEVEL IS YOUR APPRENTICESHIP?

Advanced (level 3).

## WHAT DO YOU DO?

As a Health and Safety Apprentice, my journey has been a unique and enriching experience that has provided me with valuable insights into the world of occupational health and safety. My job involves a wide variety of tasks and responsibilities on a daily basis. Work I have completed includes; writing risk assessments, developing safety procedures, creating a legal compliance register, supporting construction projects to ensure they comply with CDM regulations, completing occupational health surveys, and undertaking incident investigations. I have also actively participated in workplace inspections, accompanying seasoned safety professionals to inspect various sites. This experience has allowed me to apply theoretical knowledge to real-world scenarios, honing my ability to recognise potential hazards and recommend appropriate safety measures.



## WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

The most exciting project I have worked on has been the Office Working Environment Project that I coordinated and led. The primary objective of this project was to conduct a thorough and rigorous assessment of the existing working conditions within a specified office building on the Parliamentary Estate. Using a qualitative survey of staff, it identified areas in need of improvement and it targeted interventions that foster a safer, more ergonomic, and comfortable workplace. I was able to showcase the skills and knowledge that I have developed during my apprenticeship throughout the project whilst also pushing myself to develop leadership skills. The result of the project was the reduction of health concerns for the building users and improved satisfaction.

## WHAT IS YOUR PROUDEST APPRENTICESHIP MOMENT?

One of the aspects that I am proudest of during my time as an apprentice is the rewarding experience of seeing how positively my safety initiatives have influenced members of the Health & Safety team and colleagues in other departments. Our proactive and collaborative approach has enhanced the wellbeing of staff on the estate and promoted a culture of safety. One of the best parts of the job is being able to make a positive impact on the lives of my colleagues.

## WHICH FEMALE INSPIRES YOU AND WHY?

The woman that inspires me most in both my work and personal life is Marie Curie. This is because she showed tremendous persistence in the face of challenges such as discrimination, has pioneered major scientific achievements, and has been awarded two Nobel Peace Prizes.

**“AN APPRENTICE’S JOURNEY IS LIKE A PUZZLE, WITH EACH CHALLENGE, LESSON, AND EXPERIENCE BEING A PIECE THAT CONTRIBUTES TO THE COMPLETE PICTURE OF MASTERING YOUR SKILLS.”**

