

Ray Carter
JRCOSTEP – Summer 2009
Old Dominion University
U.S. Coast Guard, Norfolk, Va

My name is Ray Carter, and I am currently a senior at Old Dominion University in the Environmental Health Program with a projected graduation date of May 2010. For my JRCOSTEP experience, I was stationed in downtown Norfolk, VA at the U.S. Coast Guard Health Safety and Work Life Support Center.

Our office provides Environmental Health and Industrial Hygiene services to all bases and units in U.S. Coast Guard District Five. This includes assets in Maryland, Virginia, Pennsylvania Delaware, and North Carolina.

My summer was spent with a team of highly qualified occupational safety, environmental health, and industrial hygiene professionals, traveling throughout the fifth district visiting the sites under our area of responsibility. Our team responded to an array of challenging indoor air quality and mold complaints,

using state-of-the-art industrial hygiene equipment to assess moisture and humidity levels. We conducted large scale noise dosimetry evaluations to determine which active duty Coast Guard personnel were exposed to dangerous levels of noise in their daily work. Our findings enabled us to prescribe recommendations for adequate hearing protection. We also conducted well water sampling for laboratory analysis, pool inspections, and dining facility sanitation inspections. As a member of a Safety Mobile Assistance Response and Training inspection team, I traveled to USCG bases throughout the fifth district conducting inspections for compliance with OSHA and EPA regulations. Our findings and recommendations were subsequently submitted to the chain of command in formal reports.

Overall, my JRCOSTEP experience was excellent. It provided me with an invaluable

baseline knowledge of environmental health and industrial hygiene that will serve me well in my career. In addition, I had fun and met people whom I would consider lifelong friends. A JRCOSTEP internship is an opportunity of a lifetime that I would recommend to any student interested in pursuing a career in the field of environmental health.

