

Environmental, Safety & Health (ESH) Summer Intern - Ergonomics & Industrial Hygiene

Your tasks

HOW YOU WILL MAKE AN IMPACT

Join a team where your work directly improves how people feel, work, and stay safe every day. As an **ESH Intern**, you'll work on hands on projects that strengthen ergonomic health, reduce workplace risks, and support a culture of continuous improvement.

You'll develop a full ergonomic improvement cycle—from assessment to action planning—while supporting broader environmental, health, and safety initiatives across the site.

- **Complete an Ergonomic Risk Baseline Study** Conduct employee comfort surveys, identify high risk areas, evaluate posture and ergonomic awareness, and measure risk scores before and after improvements.
- **Build a Standard Ergonomic Assessment Tool** Develop a practical, repeatable method the site can use long after your internship ends.
- **Create an Ergonomics Continuous Improvement Plan** Outline targeted improvements, training needs, and long term strategies.
- **Deliver a Final Presentation to Leadership** - Summarize your findings, recommendations, and project impact in a professional presentation to the management team at the end of your internship.

Additional Projects You May Support

Your internship will also expose you to the broader world of ESH, giving you hands on experience across multiple disciplines:

- **Industrial Hygiene Field Surveys** – Participate in noise monitoring, heat stress evaluations, and chemical hazard assessments.
- **Chemical Safety & SDS Management** – Support SDS audits, ChemTrec updates, and compliance with hazardous substance requirements (SOC, SVHC).
- **ESH Education & Awareness** – Prepare educational materials for ESH awareness.
- **Incident Prevention & Root Cause Analysis** – Participate in health and safety projects and problem-solving activities, using tools like RCA, 5 Whys, Fishbone, and CAPA.
- **Regulatory & Site Compliance** – Help enforce site and regulatory ESH policies, including Cardinal Rules and Ergonomics.



Job ID
REF94479P

Field of work
Health Safety and Security

Location
Winchester

Legal Entity
O'Sullivan Films, Inc.

- **ISO 14001 & 45001 Support** – Contribute to certification activities and documentation.
- **Safety Audits & Inspections** – Conduct area inspections, document findings, and follow up on corrective actions.

THE ENVIRONMENT

- Safety is our highest priority and safety procedures and guidelines must always be adhered to. Applicants must be able to work in a manufacturing industrial environment and be able to wear personal protective equipment such as safety boots, safety glasses, hearing protection, etc.

Your profile

WHAT YOU WILL BRING TO THE ROLE

- **Currently enrolled** in a U.S.-accredited college, university, or technical school with a **minimum 2.8 GPA**.
- **Pursuing a degree** in Occupational Health & Safety, Industrial Hygiene, Environmental Health & Safety, or a related field such as Science, Chemistry, Engineering, or Environmental Sciences.
- **Proficient with MS Office**, Outlook, and common internet applications.
- **Strong analytical and problem solving abilities**, with the capacity to prioritize tasks and manage projects from concept to completion.
- **Effective communicator**, able to interpret information, present findings, and write clearly and professionally.
- **Collaborative mindset**, with the ability to build relationships across teams and work effectively with peers, colleagues, and internal/external partners.
- **Comfort working independently** in a fast paced, deadline driven environment while also contributing as part of a team.
- **Ability to influence and engage** both peers and management in safety initiatives.
- **Self motivated**, with strong attention to detail, follow through, and accountability.

Additional Details

- This is a **paid, full time summer internship**. Internship dates are between **May 18 - August 7**.
- **Relocation and housing assistance are not provided**.
- **Legal authorization to work in the U.S. is required**. Sponsorship for employment visas is not available now or in the future for this role.

Our offer

THE PERKS

- Competitive Pay
- Hands-on Experience with the Team
- Project Experience
- Networking Opportunity
- On-Site Gym
- And more benefits that come with working for a global industry leader!

All your information will be kept confidential according to EEO guidelines.

EEO-Statement:

EEO / Disabled / Protected Veteran Employer. Continental offers equal employment opportunities to all qualified individuals, without regard to unlawful consideration to race, color, sex, sexual orientation, gender identity, age, religion, national origin, disability, veteran status, or any other status protected by applicable law. In addition, as a federal contractor, Continental complies with government regulations, including affirmative action responsibilities for qualified individuals with a disability and protected veterans, where they apply. To be considered, you must apply for a specific position for which Continental has a current posted job opening. Qualifying applications will be considered only for the specific opening(s) to which you apply. If you would like to be considered for additional or future job openings, we encourage you to reapply for other opportunities as they become available. Further, Continental provides reasonable accommodations to qualified individuals with a disability. If you need assistance in the application process, please reply to Careers@conti-na.com or contact US Recruiting at 800-821-2727. This telephone line and email address are reserved solely for job seekers with disabilities requesting accessibility assistance or an accommodation in the job application process. Please do not call about the status of your job application, if you do not require accessibility assistance or an accommodation. Messages left for other purposes, such as following up on an application or non-disability related technical issues, will not receive a call back.

Ready to drive with Continental? Take the first step and fill in the online application.

About us

THE COMPANY

Continental develops pioneering technologies and services for sustainable and connected mobility of people and their goods. Founded in 1871, the technology company offers safe, efficient, intelligent, and affordable solutions for vehicles, machines, traffic, and transportation. In 2023, Continental generated sales of €41.4 billion and currently employs around 200,000 people in 56 countries and markets.

ContiTech is one of the world's leading industry specialists. The

Continental group sector offers its customers connected, environment-friendly, safe, and convenient industry and service solutions using a range of materials for off-highway applications, on rails and roads, in the air, under and above the ground, in industrial environments, for the food sector and the furniture industry. With about 42,000 employees in more than 40 countries and sales of some 6.8 billion euros (2023), the global industrial partner is active with core branches in Asia, Europe and North and South America.

Are you ready to shape the future with us?