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Be A Lifelong Student

by Alan D Quilley CRSP

Lately I've been spending a large portion of my time developing and providing safety related training. This training takes many different forms; sometimes I'm providing a keynote address or a session presentation at a conference. Some clients have me presenting multi-day sessions, teaching their leaders, supervisors, staff and contractors the details of making their places of work safe and healthy. All of this training activity not only keeps me busy but challenges me to constantly learn more about the art and science of safety management myself so that I can pass on the knowledge to my students and participants. This is no small task. It takes a great deal of time to stay current in my chosen profession. It's important for those of us who teach and advise others to keep on top of the issues and new thinking, to stretch ourselves and raise our knowledge and practice to new heights. I'd like to share the strategies I use to stay current. Perhaps this list will inspire you to join me in my commitment to life-long learning.

1) Constantly scan the issues and discussions

I subscribe to several on-line and hard copy magazines as well as various socialmedia. I must commit a daily few minutes to scanning these sources and set aside those articles and discussions that challenge my thinking. The key is to keep looking for those things you don't know enough about. I'm always on the look-out for those "Ah Ha" moments when I've found a new idea or concept.

2) Challenge what you think is true

We all have fundamental beliefs and theories about how incidents happen and how to improve the safety and health of our fellow humans. If we didn't, we wouldn't be very effective and not much use to our clients and employers. After all, we are all in part being paid to be problem solvers. Through the years, I have changed my thinking dramatically about certain "truths" about incidents has not happened because I always looked for sources of information to prove myself right...I've done just the opposite. I try to look for evidence to prove myself wrong. It's too easy and all too human to look for information that supports what we believe is true and reject the rest. Ask questions...then search for the answers. Educate yourself. Read, read, read. Mix it up. I try to look for both the science and the art of safety management. Some of the best business books I've read had very little to do with safety but were focused on human excellence and how to deal with the struggles of the human condition.

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3) Find one or more mentors

I've found that seeking mentors and coaches has created a positive environment for me to learn.

Find those people in your community of peers that will inspire you to think differently. These mentors don't have to be necessarily personal acquaintances.

These days, access to experts in every field is readily available through the internet, podcasts, audio books and printed materials. Some of the important mentors in my life that I have had the pleasure of meeting and working with were Dan Petersen, Jim Stewart and Aubrey C. Daniel. Others I've never met, but I was greatly influenced by their work were Pavlov, B.F. Skinner, Maslow, and Covey, just to name a few.

Find these thought leaders and learn all you can from where they have been and what they have discovered.

4) Debate with your peers

Nothing solidifies the clarity of thought better than having to debate. Meet often with your peers and discuss and debate the issues in and around our business. Challenge the norm. Ask each other "what if we're wrong?" "What if there's another way to think of this?" Getting large groups of your peers together to agree with each other may make your egos feel larger but does little to expand your thinking. Examine the evidence of what makes you believe what you believe. You may find some holes in your conclusions...then look to fill those holes with knowledge.

5) Look for new ways to solve old problems

Some call it "divine discontent" (being dissatisfied with the outcomes). We certainly have a lot to be discontented with in our lack of overall success in safety. Constantly look for new ways to solve old problems. The current solution we're using to an existing problem may have become redundant because of new discoveries (see Items 1-4).

I hope my approach has given you some ideas of how you can expand your knowledge and thinking. Most of all, have fun and remember as we're challenging the thinking of others and

what we think ourselves, be kind to each other and know that no-one is always right...I'm almost as certain that the opposite is true.

Alan D. Quilley (1954-2021) was a prominent figure in the realm of occupational health and safety, with a career that extended over four decades. As a CRSP, published author, and accomplished consultant and trainer, he significantly impacted the OH&S community. His insightful writings and educational efforts are still relevant today. In tribute to his legacy, I will share Alan's earlier works in this newsletter, as they provide enduring wisdom and guidance that benefit us all. Although he has passed, Alan's dedication and passion for safety endures through his lasting words and teachings.

BCRSP - CPD Online Mandatory Ethics Course - September 2/25

Our next Ethics course, approved by the BCRSP and in conjunction with Lambton College, commences September 2/25. Registration is open until September 8/25. The course concludes September 30/25.

To register for the course, please click [here](#).

Kudos for our CRSP and CRST Virtual Coaching & Study Material

"The material from your CRSP package was imperative to my success. There were some "fun facts" on the exam that I learned in the Manual. I personally didn't believe they were relevant when I read them in the prep materials, but when I saw them on the exam, I was glad I learned about it! I couldn't have succeeded without the exam prep materials. Thank you so much for all of your help!"

"I am just sending you this email to inform you guys that I passed my CRST exam on my second writing.

Just wanted to thank you guys again – your study material was beyond helpful." in attaining my certification.

What are you waiting for?

Testimonials from our valued clients serve to reinforce that along with their own hard work, our study material/coaching packages and process, prove without a doubt that WE have the right formula. Visit the [website](#) or contact [Marie](#) for more details!

CRSP AND CRST VIRTUAL COACHING EXAMINATION PREPARATION

As it has always been our commitment to help candidates with their studies for both the [CRSPEX](#) and the [CRSTEX](#), we offer Virtual Coaching Packages. These packages are available to those that are writing the 2025 Blueprint CRSPEX or the 2024 Blueprint CRSTEX. We will provide all of the material (shipped at our cost within Canada only). We are delighted to extend discounts to active members in good standing of WOHSS or the HSPC (not combinable and proof of current membership is required). For more information, please contact [Marie](#).

This virtual package includes 6 hours of personal coaching with Greg McInnes CRSP (NP) (CRSP held from 1994 - 2023). The hours are broken down however you wish. There will be self-study assignments between the calls. Calls are individualized and held via phone or Zoom Video Conference, your choice. Virtual Coaching packages must be used within 6 months of purchase.

"It's really important to know who is trying to teach you something". - Alan D Quilley CRSP

Who is your Coach?

Greg McInnes is the coach and can help you effectively study in your journey towards certification. He is a respected leader in OH&S, having over 3 decades of experience in various OH&S management positions (civic government, healthcare, aerospace, oil and gas and utilities). Greg has also been on the Board of Governors for the BCRSP, served as Chair of their Professional Conduct Committee and held positions with the CSSE at local, provincial and national levels.

Greg has developed and instructed adult OHS education programs at the University of Alberta and has co-instructed at NAIT, along with instructing OHS courses for various companies. With all his experience, and sharing the Safety Results' techniques to help you focus your studies, why look elsewhere? Selecting a mentor is an important decision, and it's essential to evaluate their qualifications. When weighing your options against other providers, pay attention to their experience, teaching styles, and how well they match your learning objectives to ensure you make a well-informed choice. We are confident that they will not be able to match us in quality, experience, and teaching methodology.

"There are no hard questions if you know the answers". - Alan D Quilley CRSP

CRST Virtual Coaching Package

Inclusions:

- Study material (material shipped at our cost within Canada only) based on the 2024 CRST Examination Blueprint
- 6 hours personal coaching with Greg McInnes
- CRST Exam Prep Study Manual
- CRST Exam Prep Knowledge Gap Analysis Questions & Answers Workbook
- Handbook (offered only with the Virtual Coaching Package)
- \$899.00 + tax

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- \$899.00 + tax

If you wish to purchase only study material

(CRSP Study Manual and Workbook or CRST Study Manual and Workbook)

please visit our website:

[CRSP Study Material](#) or [CRST Study Material](#)