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It's Time to Change

by Alan D Quilley CRSP

Another three Canadian workers died today from a work related injury or illness. At least statistically, that's the average. One of those now dead most likely succumbed to a work related disease after many years of exposure to one or more toxic substances in their workplace. No doubt they passed away with their loved ones by their bedside either at their home, in a hospital or at a long-term care facility.

Another unfortunate worker died because of injuries suffered in a vehicle crash while they were driving for their occupation or traveling between worksites. Statistically, driving is one of the most dangerous parts of our workday. Sadly, the third worker died from a dramatic workplace incident such as being burned severely, falling from a height, being caught in a trench cave-in or being crushed by a heavy falling object. There are truly some horrific ways to die.

I find it extremely sad that I can write these comments with the confidence that I'm accurate. You see, we've failed over the past several decades to do anything significant in changing this daily death rate. The problem with this kind of record is that over time it becomes the norm, the expected. We tend to resign ourselves to these statistics as facts that we can't really do anything about. Here are some things I'm going to do to help change the outcomes:

Less paper time, more people time

Dan Petersen's famous quote rings true here... "Paper doesn't make people safe... people make people safe." Although we all need paper to record our safety efforts, and to establish resources for activities such as new employee training, real safety comes through our interactions.

So the next time I'm motivated to create a new procedure, I'm going to spend a great deal more time talking with people that the procedure has an effect on.

Since 1978, in Canada at least, we've increased our desire to collect paper to prove our "due diligence" thanks to a Supreme Court of Canada ruling. One more memo isn't going to save anyone.

Take the time to be someone's behaviour activator

The ABC model of human behaviour (Activator, Behaviour, and Consequence) tells us that activators set the stage for behaviour and consequences re-enforce the behaviour through both positive and negative results of our behaviour. If I do see someone taking unnecessary risks I'm going to react.

Contact!

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Provide someone with a consequence

The outcomes that we experience after our behaviours are the consequences.

Consequences are powerful motivators. They can be both positive and negative and can increase or decrease the chance our behaviour will be repeated. A positive comment to a co-worker for behaving safely increases the chances that they will do it again.

Follow-up until it's done

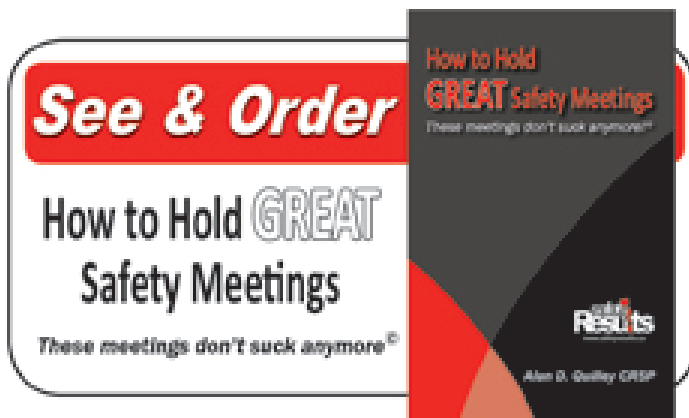
Action items that come to mind to make a place safer need to be followed up. Good ideas are a dime a dozen. It is follow-up that gets them done. I'm going to hold myself accountable more often for my "to do" list.

Watch the energy

This to me is the most important unpolished gem of safety. The diamond in the rough if you wish. Watch where the energy is and protect yourself against having harmful energy coming in contact with you. If you can't remove the harmful energy then put barriers in place to stop the energy from hitting you.

The future will be different only if we create it that way!

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 - October 1/25

Our next Ethics course, approved by the BCRSP and in conjunction with Lambton College, commences October 1/25. Registration is open until October 7/25. The course concludes October 31/25.

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

Kudos for our CRSP and CRST Virtual Coaching & Study Material

"Thank you so much for offering your course and help me study for my exam! Even with many hours of preparing, it was still the most difficult exam I have written. I'm not sure what % I received yet, just that I passed. Either way, your course was instrumental to my success!"

"Exam results came in the mail today, and I passed the CRST exam! Thank you again for the help".

"I just wanted to pass along that I passed my second attempt at the CRST exam. Thank you so very much for all of the help and guidance. I would not have been able to do this with out you both! The course you offer is top notch and exactly what I needed".

"The Safety Results exam materials were essential for my exam preparation. The materials were an excellent source of information, and the exam questions were a great way to test my learning. In addition to the materials, the virtual coaching package was a useful alternative. During the one-on-one training sessions, I was provided help with exam preparation/planning, review of the course materials, and practice exam questions. The sessions were very engaging and provided stories and perspective from the coach's experience as a safety professional. Thank you for all the help!"

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

CRSP Virtual Coaching Package

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- CRSP Exam Prep Knowledge Gap Analysis Questions & Answers Workbook
- Handbook (offered only with the Virtual Coaching Package)
- \$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](#)