

May 2021

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### In Memoriam - Alan D Quilley CRSP

by Marie Quilley

I'm saddened to announce that after a short struggle with cancer, and with me by his side, my husband Alan passed away peacefully at home, at 67 years old on April 24, 2021.

I have taken over Safety Results and the company will continue to offer study material for both the CRSP and CRST designations, as well as Virtual Coaching Packages. Earlier this year, when it became evident that Alan would not be able to continue, we engaged Greg McInnes CRSP as our virtual coach for our courses.

Alan's obituary is [here](#).



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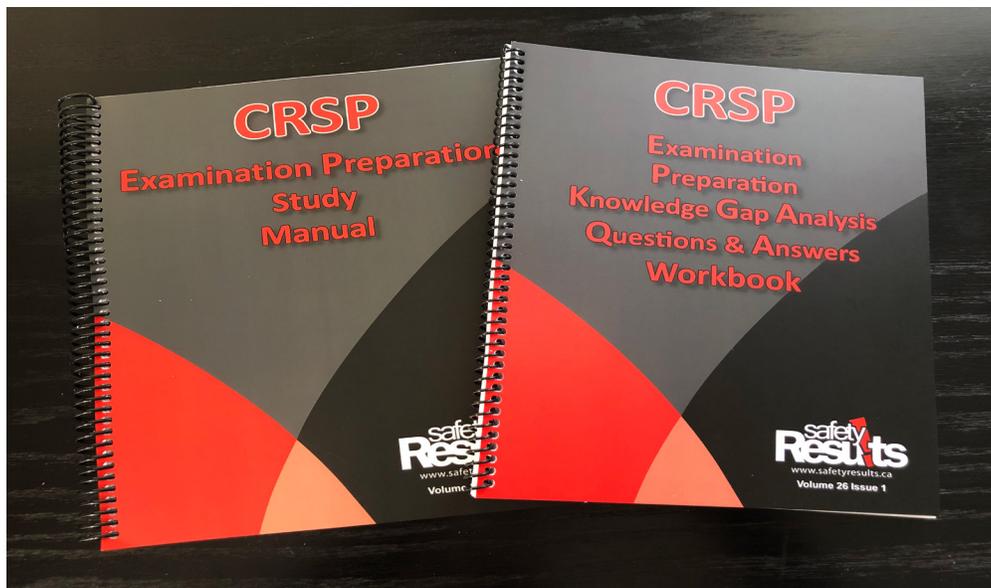
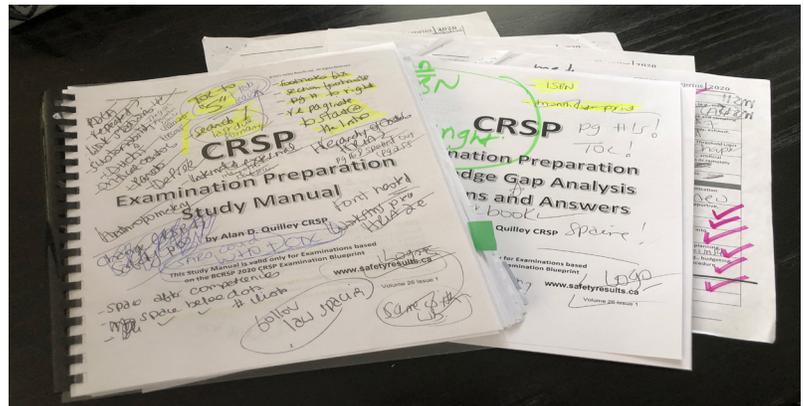
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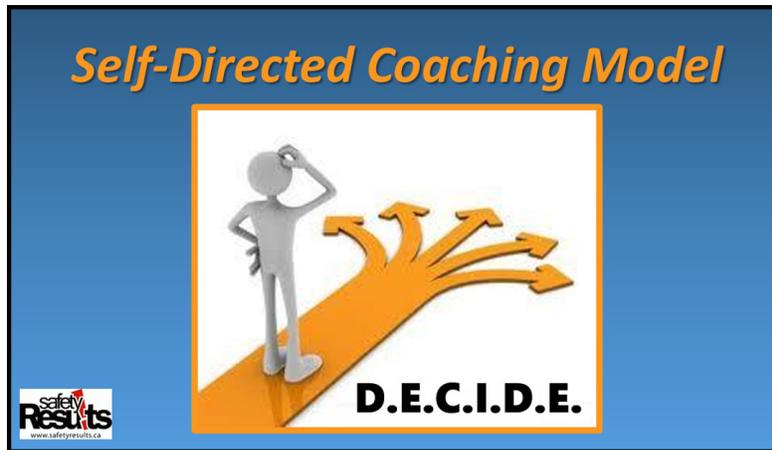
## 2020 BCRSP CRSPEX Study Material has arrived!

We are delighted to advise that our 2020 Blueprint CRSPEX Study Manual and Knowledge Gap Analysis Questions & Answers Workbook have arrived.. We spent months researching for this new Blueprint. The BCRSP did not release study guides, and we wanted to ensure that we were as thorough as possible when creating this new study material. In addition, there were some minor changes in September 2021, and we wanted to make sure we captured that. We have also resumed our Virtual Coaching Packages.

For more information/to purchase Study Material, please click [here](#)

For more information/to purchase a Virtual Coaching package, please click [here](#)





**An Article by: Alan D. Quilley CRSP**

The interesting thing about humans is that we have a marvelous talent of often accomplishing what we set out to do. Our determination through the history of humans has proven that if we set a goal and have a plan we often end up where we want to be (or at least somewhere close).

Sometimes that journey requires that we have help and other times we can accomplish the goal by ourselves. Either way it's essential that you know where you want to be and have a plan to get there. The famous quote by Yogi Berra comes to mind:

***“If you don't know where you are going, you'll end up someplace else.”***

So let's move towards a method of developing a goal and a plan to get where we want to go with our improved skills and knowledge. Let's **D.E.C.I.D.E.** to achieve our goals!

### **1. Detail a description of what you want to know or be able to do.**

- a. What skill or knowledge level do you want to achieve?
- b. How will you know when you get there?

These two fundamental questions need to be answered before you start on your improvement journey. It can be as simple as “I want to pass the BCRSP examination” or as complex as “I need to learn how to drive a forklift.” Either way it helps if you can focus specifically on a statement of what will be true in the future when you have achieved your goal. Sometimes our knowledge and skills will be tested by others to demonstrate a level of competency and sometimes there is no formal “test” to pass. It will then be about demonstrating to ourselves and others formally or informally that we have that knowledge or skill.

It's important to have clarity here. Be as specific as you can in tangible ways. “I want to be better!” is not clear enough. It's also essential that you are the one in control of your goal. You cannot control what you cannot control, don't set impossible goals. It will only frustrate you. Walking to the moon is out of the question! Getting a University Degree by Tuesday of next week should also be recognized as a bit of a stretch!

### **2. Examine your current level of skill & knowledge.**

- a. Conduct an evaluation of your current skills and knowledge.
- b. Select method(s) you will use to validate your evaluation.
- c. Consider ranking your current level from 1 to 10 (1 being the lowest, 10 the highest).
- d. Consult with a friend, a teacher, a fellow practitioner, a certified professional, a mentor or a professional coach. Ask them for their evaluation and assistance on observing your progress.

This is where either self-reflection and/or advice from a colleague or mentor will come in handy. Just

how much do you already know (and don't know) and what can you currently do and at what level? If it's passing an examination then your score on a set of test questions may give you clarity. If it's a physical skill...just try to do it and see if you can accomplish the task. Whatever the method, this second important step is basically answering "Where are you now?"

In coaching we often use 'scaling' as a way to assess where someone is at; for example: assess your current skill or knowledge in "Applied Safety Fundamentals" or, if you want to get more specific, have them scale their knowledge and skill in each one of the competencies. I usually use a 1 to 10 scale, 1 is low, 10 is high. Along with this, they could rate how important it is for them to develop in each area? Again, scaled 1 to 10. Now they can prioritize based on their largest gaps and what's most important.

### 3. Clarify the Gap between where you are and where you want to be in your defined knowledge and/or skill.

- a. Evaluate how far from your knowledge/skills goals you are.
- b. Test yourself.
- c. Define your shortcomings and successes.
- d. Adjust your plans accordingly.

### 4. Investigate possible solutions to close the gaps in your knowledge and/or skills.

Now the hard work really starts. How are you going to best close the gap? Is it a matter of self-study? Do you need to take a course? Should you hire a coach? Perhaps there's an identified association with tools for you to use to gain the certification you are after. This is going to take your exploring what is out there and consider the possibilities. Use your knowledge of your learning preferences to help you decide. Are you a person who is self-motivated and can stick to a plan on your own? Would it be best to have someone help you along the way that may have a superior knowledge of skill level in the thing you want to accomplish. It's pretty obvious that depending on your particular goal, there could be many possibilities to try.

### 5. Develop and execute a detailed plan to close the identified Gap(s).

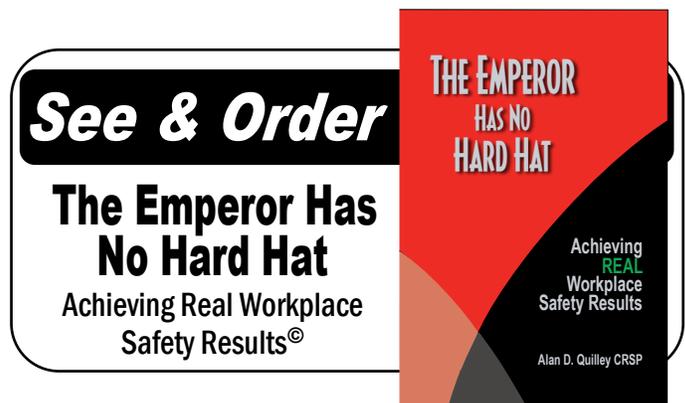
Now the REALLY hard work starts! Execute your plan. This is where the level of your personal diligence to completing your plan is going to matter, A LOT. Great plans aren't going to get you anywhere unless you actually do it! Nike has it right... JUST DO IT! It will be important that you track your progress and do the next step consistently...

As in any great plan you may need alternatives if you run into a roadblock on your Plan A. Be flexible but not so flexible that you fail to execute progress towards your goal. Procrastination is our common enemy. If you have to alter your progress plan, as soon as possible get back on the path.

### 6. Evaluate your progress.

- a. Return to Step 2.
- b. Re-evaluate your Gap Analysis. How are you scoring on your evaluation? Are you making the progress expected? Should you alter your plan? Perhaps because of your expanded knowledge your goal may even need to change.
- c. Celebrate if you have accomplished your goals  
Make sure you take time to reward yourself for your progress. Milestones and successes along the way should be self-rewarding. At the very least include some positive "self-talk." Thinking to yourself that you should be proud of what you've done so far is a very good thing!

Well, there you have it. A methodology to not only set specific achievement goals but also develop a plan to get there. All it really takes is that you **D.E.C.I.D.E.** to do it! Above all...enjoy the journey!



## Compliments for our CRSP and CRST Examination Courses and Study Material

I hope you and Alan are well. 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 books, practice exams, prep course and study material were beyond helpful in attaining my certification.

Your course gave me the confidence I needed and a sensible strategy to buckle down and study for the exam. I would highly recommend the course to anyone on the CRSP path.

The material from your CRST Exam course was imperative to my success. There were some “fun facts” on the exam that I learned in Alan’s book. 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 wanted to share that I’m now a CRSP! Thank you for your wisdom and support.

Thanks so much for the course - I wholeheartedly believe that it made 100% of the difference, and I’d be re-writing if I hadn’t taken part.

## Next BCRSP-CPD Mandatory Ethics Course now open for registrations! Next course May 3/21

This course takes approximately 3.5 hours to complete.

Registrations for the May 3/21 course are open until May 7/21, and the course will conclude May 21/21. Online quiz/assignment must be completed/submitted by May 21/21.

This comprehensive and thought-provoking course, designed specifically for, and approved by the BCRSP by Alan Quilley, (who has been

a CRSP for 35+ years), is ensured to enlighten and challenge a CRSP’s thinking of ethics in their professional practice.

As required by the BCRSP, the course also includes detailed discussion of:

- BCRSP Code of Ethics and Professional Conduct
- Rules of Procedure of the Discipline Committee of the Board of Canadian Registered Safety Professionals

For more information on the course, please email [Lambton College](#)

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

## Online CRST Examination Preparation Next course starts October 1/21

Safety Results Ltd, in conjunction with Lambton College based in Sarnia, Ontario, brings you THE best online CRST Examination Preparation Workshop!

The next course starts October 1/21 and ends on October 22/21 Registrations for this course will be accepted by Lambton College until 4:00PM CDT, October 6/21.

Alan D. Quilley CRSP, the creator of this course, established Safety Results Ltd 20+ years ago and has received numerous accolades due quality and value of our Workshops, study material and his teaching style.

We are delighted to be working alongside Lambton College to bring this exceptional online course to you.

To review and register in this online course, please click [here](#). (Registrations are handled exclusively by Lambton College)

The aim of this course is to assist in performing your own knowledge gap analysis and then create a study plan which will enable you to focus on the competencies that you need to master before the exam.

Exclusive to Lambton College students confirmed in this course, the study material that the course was built upon is available at a special student discounted rate of \$375.00 CAD plus applicable taxes\*. Shipping (within Canada only) is included

## CRSP AND CRST VIRTUAL COACHING EXAMINATION PREPARATION COURSES

Unfortunately we are no longer holding in person classes. We ALL have a responsibility to protect the health and safety of our fellow human beings and we aren't about to put our students, ourselves, colleagues and loved ones at risk.

As it has always been our commitment to help candidates with their studies for both the [CRSPEX](#) and the [CRSTEX](#), we are pleased to announce that we have introduced *Virtual Coaching Packages*. These packages are currently available to those that are writing the 2019 Blueprint CRSTEX and the 2020 Blueprint CRSPEX.

We will provide all of the material (shipped at our cost within Canada only). We are also delighted to offer generous discounts to current members in good standing of the CSSE and WOHSS (not combinable). For more information on those discounts, please contact [Marie](#).

This virtual package includes 6 hours of personal instruction with Greg McInnes CRSP. The hours are broken down however you wish. There will be homework assignments between the calls. Calls are individualized and held via phone or Zoom Video Conference, your choice.

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

### Who is your Coach?

Greg McInnes, CRSP is our instructor and can teach you how to study to help you in being successful in your journey to certification. He is a respected leader in OH&S, having over 30 years' experience in the field in OH&S management positions (civic government, healthcare, aerospace, oil and gas and utilities). Greg has also been a member of the Board of Governors for BCRSP and held positions with CSSE at both the local, provincial and national levels.

He is a working CRSP who consults to industry helping them create and implement their Health and Safety program. 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 varying companies. With all his experience, and sharing our techniques to help you focus your studies, why look elsewhere? When selecting your mentor, take the time to research who other providers are. We believe that they simply won't measure up with us in terms of quality, experience and teaching style.

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

### [CRSP Virtual Coaching Package](#)

Inclusions:

- Study material (material shipped at our cost within Canada only) based on the 2020 CRSP Examination Blueprint
- 6 hours personal instruction with Greg McInnes
- CRSP Exam Prep Study Manual
- CRSP Exam Prep Knowledge Gap Analysis Questions & Answers Workbook
- Handbook (offered only to those taking part in this Virtual Coaching Package)
- \$899.00 + tax

### [CRST Virtual Coaching Package](#)

Inclusions:

- Study material (material shipped at our cost within Canada only) based on the 2019 CRST Examination Blueprint
- 6 hours personal instruction with Greg McInnes
- CRST Exam Prep Manual
- CRST Exam Prep Practice Questions and Answers Examination Workbook
- Handbook (offered only to those taking part in this Virtual Coaching Package)
- \$899.00 + tax

For more information, please visit our website at either [CRSP Courses](#) or [CRST Courses](#)