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From Marie's Desk:

As you are all aware, Alan Quilley (my husband) passed away on April 24/21 after a short struggle with an aggressive cancer, and I have taken over the company. In deciding the direction of our company newsletter, I've decided to present past articles that were written by Alan. For the most part, his articles are timeless and his thoughts are as valid now as when they were first published.

You Might Be a Safety Geek If... Part 1

Article by Alan D Quilley CRSP (held from 1985-2021)

One of the wonderful things about the internet is that these days your email inbox can get filled with funny messages. A lot of these "funny" emails bring a smile to my face, in some cases an out and out belly laugh. One of my favorite types of humorous emails to get is the "You might be a..." list.

Recently I started to think about the many things that I and my fellow safety practitioners do. Here's the first part of a list that I created. Next issue we'll supply the rest. I'm going to measure how long it takes for this list to make it back to me from someone who didn't read this article.

Safety Geeks come in all shapes and sizes but we all have some common and often annoying traits. Perhaps you'll see yourself in some of these. I know I did.

You might be a Safety Geek if...

- Your heart beats noticeably faster when you hear or read the word "audit". Did it happen just then?
- You'll stand proudly on a deserted downtown street corner in the rain, waiting for the "Walk" signal
- Every casual jacket in your closet has a "safety award" patch on it
- You know that the term "Near Miss" really means Near HIT
- Your prescription eye glasses have side shields permanently attached and you wear them EVERYWHERE because "you never know when you're going to run into an eye injury hazard"
- You have a dog-eared copy of the local Occupational Safety legislation in your bathroom...and almost every third section is HIGHLIGHTED
- You think it's hilarious when you respond to a worker's question about how much they can safely lift by chuckling "I don't know...how much CAN you lift?". Extra points if you slap your knee as you say this

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- You can actually recite, from memory, the Occupational Health & Safety rules for confined space entry and fall protection
- Whenever you hear that a fellow safety geek's company has a lower lost time injury rate than yours, you immediately suspect that they are just better at their modified duty program
- Your favorite baseball caps have "Think Safety" boldly displayed on the front of them
- You know that TRIF means "Total Recordable Injury Frequency" and you can actually explain the mathematics used to calculate that number
- Your mouse pad has a built-in ergo wrist rest and you sit at your computer on an ergonomically designed plastic inflatable ball
- "N-Nitrosodimethylamine" has been added to your spell-check dictionary
- When watching a CSI television episode, you have a pen and paper handy so you can write down any new investigation methods you see
- You've installed a pull-down projector screen in your house so you can hold off-the-job safety training sessions for your family
- You have ordered "safety slogan" travel mugs for safe driving awards even though you know that eating and drinking while driving is the number one distraction among drivers
- Your children won't bring their friends over to your house to play because you make them all wear hearing protection, safety glasses and knee pads
- You can accurately mouth the words along with the company Safety Orientation DVD as it plays
- You can list every type of respirator cartridge made by name, manufacturer, number and color coding
- You know what: JSA, MSDS, SCBA, NIOSH, OSHA, CDC, LTA and WCB all stand for, but when one of your workers calls out "BS" during your safety talk, you're confused
- You know that not all "hygienists" clean people's teeth
- You know at least one person who is a certified industrial/occupational hygienist... you just never understand what they are saying
- You have what you think is a great answer to a worker's question about why s/he has to wear a hard hat while working alone in an open field
- You have a presentation slide that quotes Heinrich's "Ten Axioms of Industrial Safety"
- You also have a slide with a picture of an iceberg on it that has nothing to do with the sinking of the Titanic
- You clip and post on your office bulletin board every newspaper article you find where a company has paid a safety violation fine
- You have at least once told someone that 88% of all accidents are caused by unsafe acts, even if you don't remember that the source is from a very biased study conducted in the 1930s
- You can mount a great verbal argument for calling some incident causes "root causes" and some incident causes "immediate causes"...and you can say it like it REALLY matters!
- You have a labeled set of Frank Bird Jr. incident causation dominos to knock over during a safety demonstration
- You own a least one "back injury prevention" training film, video or DVD. If you've been in the business long enough, you own all three and are thinking of transferring the film to blu-ray
- Your hotmail/yahoo email address cleverly includes the word "safety" in it like - SafeTGuru@hotmail.com or Safe_Tee_First@yahoo.com or SayFTGal@hotmail.com
- You believe that "Zero Injuries" is possible; you've just never worked for a company that has achieved it
- You plan your annual vacation around

the date and location of a national safety conference

- The last time you needed a hammer when you had a wrench in your hand... you actually went and got a hammer
- You put on your seatbelt even though you're just moving your car out of the garage to wash it
- You carry a laser pointer in your shirt pocket just in case a surprise training opportunity arises
- You own a battery tester to test 9 volt batteries instead of just putting the end of the battery on your tongue
- You sincerely believe that workers will work 365 days safely just to win a fire extinguisher or first aid kit
- At lunch yesterday you and your colleagues got way too excited about creating an OSHA version of Trivial Pursuit

And finally (for now), you might be a Safety Geek if you care enough about your fellow humans to actually do at least some of these things noted above. Keep up the good work! Look for the balance of the list in the next newsletter.

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.



Next BCRSP-CPD Mandatory Ethics Next course November 1/21

This course takes approximately 3.5 hours to complete. Registrations for the November 1/21 course are open until November 5/21, and the course will conclude November 26/21.

This comprehensive and thought-provoking course, designed specifically for, and approved by the BCRSP by Alan Quilley, (who was a CRSP for 35+ years), is ensured to enlighten and challenge a CRSP's thinking of ethics in their professional practice. Our course is facilitated by Greg McInnes CRSP who served as a Board Member of the BCRSP for a # of years.

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](#).

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 are continuing our *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:

[CRSP Courses](#) or [CRST Courses](#)

If you wish to purchase only the study material (CRSP Study Manual and Workbook or CRST Study Manual and Workbook) please visit our website:

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