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### **Be a Lifelong Student**

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

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 listserv and blogs in addition to several on-line and hard copy magazines. 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 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 incident causation and OHS systems management. This 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

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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.

### **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).

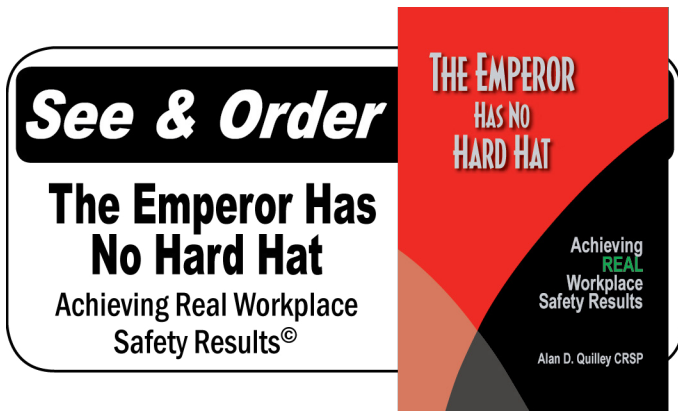
I hope my approach has given you some ideas of how you can expand your knowledge and thinking. Most of all, have fun and remember as we're challenging the thinking of others and what we think ourselves, be kind to each other and know that no one is always right...and I'm almost as certain that the opposite is true.

*Alan D. Quilley, (1954-2021) was a proud CRSP, published author, spent over 4 decades working in OHS, and since 2003, was an OH&S consultant and trainer/mentor. In determining the direction of our newsletter, I have decided some of Alan's past articles that are virtually timeless.*

## **Compliments for our Coaching Packages and Study Material**

*"Sweet mother of pearl, I passed the dang exam! I'm some relieved, to say the least. I honestly attribute the success of my studying to your prep program, and only wish I had taken it a few months prior than what I did to the exam. I think that the first time I wrote the exam (unsuccessfully), I used a study group which I found confusing and indirect. What I was looking for was a one stop shop study material and explanation of what was going to be on the exam and what was expected of a CRSP, which I got in your program. Once I took your program, I pretty much dropped all other study material and solely used yours." Thank you for everything!"*

*"I just wanted to let you know that I was successful on my CRSP exam. I attribute participation in the prep course as a major factor in my success and would highly recommend it to anyone interested in pursuing their CRSP designation. I found that when I wrote the exam, AI was bang on with the content. Thank you for your help."*



### **CSSE and WOHSS Member Discounts!**

We are delighted to offer discounts on our CRSP and CRST Coaching Packages as well as study material to current members in good standing of either the CSSE or WOHSS! Please contact [Marie](#) for details. (Please note that these discounts do not apply to our CRST or Ethics courses nor study material that is offered in conjunction with Lambton College).

### **Online CRST Examination Preparation**

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 February 1/22 and concludes February 25/22. Registrations for this course will be accepted by Lambton College until 4:00PM EDT, February 4/22.

When researching methods to deliver this top-notch course, we were expressly interested in associating with a distinguished educational institution as opposed to unknown online entities. It was vitally important that we aligned ourselves with an institution that believes in the same degree of ethics, high attention to service, content and quality as we do. Established in 1966, Lambton College has the enviable reputation as a pioneer in Mobile Learning. They are a global leader in applied research, education and innovation. Their work in a number of fields continues to exceed expectations, which makes them a perfect fit for what we do.

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.

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

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. More details [here](#).

### **Next BCRSP-CPD Mandatory Ethics Next course January 4/22**

This course takes approximately 3.5 hours to complete. Registrations for the January 4/22 course are open until January 7/22, and the course will conclude January 28/22.

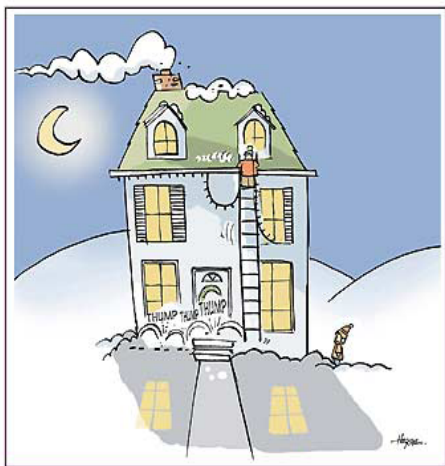
This comprehensive and thought-provoking course, designed specifically for, and approved by the BCRSP by Alan Quilley, (who was a CRSP for 35+ years), is ensured to enlighten and challenge a CRSP's thinking of ethics in their professional practice. Our course is facilitated by Greg McInnes CRSP who served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



I WONDER WHAT THE HOSPITAL SERVES FOR CHRISTMAS DINNER.

## Holiday Safety Tips from Health Canada

### Trees

If you use a real tree:

- Choose one that is fresh (needles are hard to pull off and do not break when bent).
- Add water daily.
- Keep the tree secured in a sturdy tree stand.
- Place the tree away from traffic areas, doorways, heating vents, radiators, stoves, fireplaces and burning candles.
- Choose tinsel, artificial icicles and other trimmings made of plastic or non-leaded metals. Leaded materials are hazardous if ingested by children.
- Avoid trimmings that are sharp and breakable or have small removable parts if small children are around.

### Toys and gifts

- Select only toys suitable for the child's age group, and make sure to read and follow all instructions
- Toys with small parts are dangerous for children under three years of age. Keep them out of their reach.
- Make sure batteries in toys for young children are properly installed and not accessible to the child. A child should not take battery-operated toys to bed.
- Dispose of packing materials (such as Styrofoam pellets and plastic bags) quickly. Children can choke on these items.

- Keep cosmetics (such as perfume, aftershave and nail polish remover), medications, and household cleaners out of children's sight and reach and away from heat sources.
- If using cosmetics for the first time, place a small amount on the back of the hand for a couple of hours. Redness or swelling may indicate an allergy and the product should not be used.

### Safety First!

- Keep lighters and matches out of reach of children.
  - Trimmings and candles that look or smell like food or candy should be kept away from children. These products are attractive to children and may cause choking if they try to eat them.
- ### Candles
- Do not leave burning candles unattended.
  - Use sturdy candle holders that won't easily tip over.
  - Keep burning candles out of the reach of children, and away from pets, trees, decorations and wrapping paper.

### Holiday lights

- Use only lights that are certified by a recognized organization (CSA, ULC or cUL) to decorate your home.
- Use indoor lights for inside the home and outdoor lights for outside the home.
- Check all light bulbs before use. Replace broken or burnt out light bulbs with those recommended by the manufacturer.
- Check light strings and extension cords. Discard any that are frayed or have exposed wires, loose connections, or broken light sockets. Never run electrical cords through doorways or under carpets.
- Do not overload electrical outlets. Use more than one outlet if the wattage of your lights is more than the outlet can handle.
- Turn off all holiday lights before you go to bed or leave your home.



## 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](#)