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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 2

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

During the writing of our last newsletter I created a list "You might be a Safety Geek If..." Well I had so many strange and wonderful things that safety geeks do, I had to split the list...here's the second in the series...

In addition, I've added "reader" ideas to the list. Thanks to all of those who responded and asked to use the first list. Feel free to forward this list also (just please give me author credit).

Remember that 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...Part 2

- You make your children put on a reflective traffic vest and "spot you" when you back-up your car
- You have a card in your wallet that lists the emergency phone numbers of several government agencies
- Your favorite pair of "dress shoes" has steel toes
- You know EXACTLY how many band-aid strips need to be in every class of first aid kit required by the government
- You have developed a permanent case of "hat hair" caused by wearing your hard hat too much
- Your hard drive has a folder named "Darwin Awards"
- You've actually told your children not to run with scissors

Contact Us!

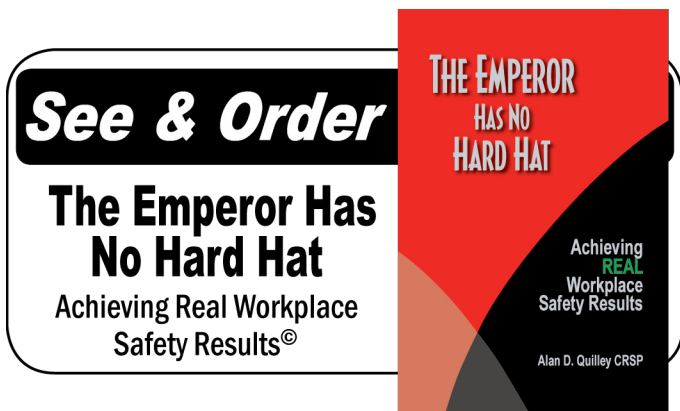
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- You know that if you can get an injured worker back to work on the same day that they are injured, you don't have to count their broken arm on your "serious injury" statistical reports
- You keep an equipment bag full of safety gear in the trunk of your car
- Your YouTube favorites list is filled with vehicle crashes and people falling off of things video clips
- You know how many donuts/muffins to bring to each one of your company safety committee meetings
- After it snows, you carefully brush off ALL the snow from your car before you drive away even off the ROOF
- You start to feel guilty if you don't drive with your hands at the 10 and 2 o'clock positions on the steering wheel
- Your neighbors don't borrow your power tools because you won't lend them without doing a complete hazard assessment and holding a pre-job meeting
- You own FIVE different ladders so that you'll always have the "right tool for the job"
- You wear safety glasses, a face shield AND fire retardant clothing when you BBQ.
- You have read the "Caution Before Using" section of your Laptop Computer Owner's Manual
- You actually know how to hook up a Laptop computer to a LCD projector and GET IT TO WORK
- When you stop someone who is doing something hazardous, you know exactly what to say to them when they tell you that they have "Been doing this for over 30 years!"
- You have a binder full of Material Safety Data Sheets for your household cleaning chemicals and you've held a special WHMIS training course for your family
- You have several pictures on your hard drive of workers in third world countries doing really silly and unsafe things
- You can explain the 1:10:30:600 ratio in considerable detail
- You have a "real" story to tell about a worker who supposedly hurt their back at work but was seen lifting cement sidewalk blocks at home on the weekend
- The last line of your email signature ends with a clever safety slogan
- You at least once in your career have told a manager that he could go to jail for a safety violation
- You ensure everyday that you are clean shaven even though you will NEVER have to put on a self contained breathing apparatus
- All of your neckties are of the "clip-on" variety
- You know for a fact that indirect costs of incidents are from 1 to 50 times higher than the direct costs experienced, even though you've never really calculated them for yourself
- Your coat pocket is filled with pens with safety slogans on them. Extra points if you carry those pens in a pocket protector with a safety supply company logo on it
- You KNOW exactly where the guard for your table saw is
- Your office bookcase has more than a dozen safety supply catalogues in it
- You believe giving safety awards to workers who haven't had an injury is not just rewarding good "duckers"
- The "Don't Use as a Step" warning on your step ladder actually works on you
- You watch people downhill skiing and just shake your head in disbelief
- You actually know where you keep your copy of the company emergency manual
- You feel badly if someone from your company sees you talking on the cell phone while you're driving
- You know precisely how many days your company has worked since the last disabling injury
- You actually understand these jokes, and will forward them to all your Safety Geek friends



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 December 1/21 and concludes December 24/21. Registrations for this course will be accepted by Lambton College until 4:00PM EDT, December 3/21.

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 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](#)