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The Best Book I've Ever Read

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

I was having lunch recently with a long time friend and colleague. He's also an author and we were chatting about life, family, books and our profession. During this reflection time he casually asked me "What's the best book that you've ever read?" This question coming from an author begs the answer "Well, yours of course." In this case, I just couldn't bring myself to say that, even though my friend's book is indeed a fine and thought provoking literary work. This question, although casual in nature, sent me on a thought journey of significant proportion. You see, at the moment, I blurted out one of the management "best seller" books I had recently been reading and I went on to talk about how inspirational the author was but honestly my answer wasn't very carefully selected.

After lunch I jotted the question down in my notebook for further reflection and exploration. So here's what I've come up with as a more thoughtful answer...

Define "the best"

If I define "the best" as the one book that influenced me the most, I'd answer differently than "the best" being defined as most entertaining. I have some favorite fiction writers that I turn to when I'm sitting on a sunny beach somewhere. For this question, I decided that "the best" meant the most meaningful in my life, the most influential, and the book that perhaps even changed my life.

I have an extensive library mostly filled with textbooks from my formal education studies and my professional practice. I have all of Dan Petersen's books; many organizational behaviour and business management texts. There is a large selection of texts that the Board of Certified Safety Professionals list as required reading. I put these to good use in our workshops to help budding CRSP's in their studies to pass the examination. There's a Behaviour Based Safety section with the entire list of well known authors in their field. There are even several Occupational Hygiene texts that I'll freely admit I only use as references and have not read cover to cover.

As I gazed at what is a significant collection of OH&S knowledge I couldn't help but focus on a thick, tattered text which sat in the very first position top left.

Contact Us!

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The Short & Fat NSC Book

The National Safety Council's Accident Prevention Manual for Industrial Operations 5th Edition (1964) with its lightly soiled and scuffed cover and slightly damaged binding grabbed my attention. I opened the cover to see my name proudly printed on the inside cover beside the name of the fellow OH&S officer I had worked with so many years ago. This fellow was retiring and he had given me his "resources" book. He'd used it in his career and he was now passing it on to me since his need for it was about to diminish significantly. I believe he was planning to go fishing! I wish that I could remember more clearly our conversation about this book but I believe he told me that someone had given it to him. From the condition and date of publication that would certainly make sense.

This text had a huge influence on what I thought about the history and science of safety management. At the time I was very new into my chosen profession and really not very knowledgeable. I was very eager to learn so that certainly influenced the amount of impact that this book's contents could and would have on me. The knowledge packed between the worn covers revealed a whole new way to look at protecting humans. Safety hazards and controls such as guards, pinch points, rotating shafts, levers and mechanical advantage were all revealed to me. Roll over protective structures, ladders, scaffolding and toe boards were all detailed for my sponge-like, information thirsty brain to absorb. I learned about Job Safety

Analysis, fall protection, hoisting and rigging and the Accident Investigation.

I even learned the proper way to pick up that special nicely squared box that fits oh so well between the knees of the worker in the picture so he could lift "with legs and not his back." Partly because of what I learned from this book there was a time when I could quote chapter and verse the controls for trench cave in and the cut back angles for various types of soils. It was all there alright, just waiting for me to inflict this new knowledge that I'd gained on my unfortunately less informed fellow humans.

Back then I was an OH&S officer for the Alberta Government driving around the province enforcing what were fairly new OH&S Act and Regulations. Inspecting random worksites and investigating serious injury incidents filled my day. Writing "orders" for improvements to the non-compliant masses. Indeed the science of safety filled my days and often well into the night. Through my formative years I often referred to this National Safety Council text as my safety "bible". It would be many years until I realized that this text was really only half of the puzzle. I would gradually find out that the "short and fat" text was missing a big part of the "art" of safety. That art I would learn from many other sources and mentors...but that's another story for another time.

The National Safety Council has gone on to improve their knowledge of the art and science of safety management and pass it on to us through their many texts and products. A book by the same title as my aged text is now in its 12th edition. I highly recommend that you consider adding this text and many of their other wonderful resources to your library. You can even get their materials on CD. By the way I'm not on commission nor is there any financial arrangement with me and the NSC...they are just great folks who've given a great deal of themselves to help us understand how we can help each other stay safe and healthy.

Now I guess I'll have to give some thought to which young safety geek I should pass this old trooper of a text on to when I retire...whoever you are...don't be holding your breath, I'm having way too much fun at this!

Alan D. Quilley (1954-2021), my late husband, was a proud CRSP and published author of 8 books solely dedicated to OHS. He spent over 4 decades working as a safety professional, and since 2003, was a highly successful and sought after OH&S consultant and trainer/mentor. In determining the direction of our newsletter, I've decided to reprint some of Alan's past articles as they are virtually timeless.

Next BCRSP-CPD Mandatory Ethics Next course March 2022

Registrations are now open for this course. Remember that certificants are required to complete this element for recertification. If your reg'n # (1976-2019) or certification year (2019 + beyond) ends in either a "1" or a "6", you are required to submit your CPD worksheets to the BCRSP by March 30/22.

This course takes approximately 3.5 hours to complete. Registrations for the March 1/22 course are open until March 4/22, and the course concludes March 25/22

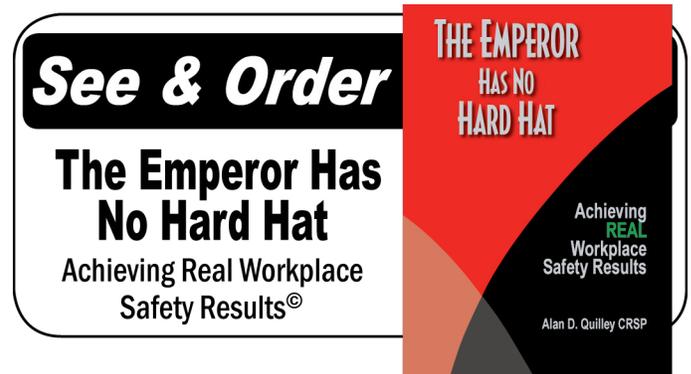
This comprehensive and thought-provoking course, designed specifically for, and approved by the BCRSP by Alan Quilley, (who was a CRSP for 35+ years), is ensured to enlighten and challenge a CRSP's thinking of ethics in their professional practice. Our course is facilitated by Greg McInnes CRSP who served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



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](#).

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:

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