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CRSPEX/CRSTEX Study Techniques

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

This issue, I’d like to pass on a few study techniques for those of you who are planning to challenge the CRSPEX (and the CRSTEX). Once you’ve decided to take on this intense task of preparing for, and writing, either of these exams, you’re going to need a solid plan to move forward.

First, it’s my honest opinion that you should take a prep course. Obviously I think that ours is the best! I like this course so much I bought the company! Not only do we think we’re the best, we KNOW we’re the best from the comments we’ve received from our students who have taken competitors’ workshops. That being said, let’s talk now about your study:

These exams really measure how well you can recall something that you have learned or experienced or that you otherwise know. Your ability to memorize information is critical to learning

1. Prepare a personal study plan. Go down the list of competencies in each category. Put a check mark or an “x” beside those that you feel you do NOT need to study much. The competencies that are not marked off are the ones you need to concentrate on.
2. Start with the heaviest weighted domain and focus your studies on those competencies, marking them off when you are done. Our study manuals are organized in priority order based on category weighting. Once you are satisfied with the first category, move onto the next. Continue with all the categories in this manner.
3. Determine how you learn best, by seeing (visual learner), by hearing (auditory learner), or by doing (kinesthetic learner), and put that to your advantage when you study. We all have a dominant learning style, but we change from time to time.
4. Study sessions should be short, 2 to 3 hours maximum; take a 10 to 15 minute break every 25 minutes, for a stretch, to listen to a tune or whatever; frequent, short study sessions work best.

Contact Us!

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5. Set the time aside for study; block it into your weekly schedule.
6. Form a study group; set a schedule; find group strengths and work with them. Check out our LinkedIn group titled: CRSP & CRST Exam Prep Study Group-Sponsored by Safety Results-Host: Marie Quilley
7. Learn the material not only by reading and re-reading, but by writing it down, and reading out loud; the more senses you involve, the better the result.
8. Mark key words and phrases with a highlighter to help you remember them. Be careful not to start to make EVERYTHING important. Your study material will turn into a highlighted mess if you do.
9. Use memory aids (mnemonics) such as acronyms, symbols, and catchwords to remember lists, groups, methods, etc.
10. Draw copies of models or figures that might be on the exam; we remember pictures easier than words
11. Test yourself, by answering questions, doing short exams, or case studies; mark them and learn from your results. Use the practice exams contained in our Gap Analysis Workbook. Make up questions for yourself as you study.
12. Although the exams are multiple-choice, case study and short answer questions work great as study material.
13. If you must have background noise, listen to the instrumental music (the classics, or some light jazz). Music, radio and television with spoken words and lyrics will only distract you from your inner voice trying to learn what you are reading.
14. A quick restudy 48 hours before the examination is better than cramming the night before; usually you only remember the first and last things you read if you try to cram.
15. Take the night before the exam off; relax, don't worry, be happy; if you have to read or study, keep it light, keep it short.
16. Walk around and read; stimulate the flow of oxygen to the brain.
17. Get a colleague or a relative to ask you questions. There is no better way to ensure you know something than trying to explain it to someone else.
18. Remember, if you think you can or if you think you can't, you are absolutely right; a positive mental attitude like "yes, I will succeed", will get you there.

If you'd like to learn more, visit our website and check out our courses and virtual coaching. We are honestly committed to working with you to achieve your professional designation!

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.

Sale!

I have limited quantities of Alan's books still in inventory and have reduced their prices.

The Emperor Has No Hard Hat is now \$45.00.

Creating & Maintaining a Practical Based Safety Culture, as well as MORE Creating & Maintaining a Practical Based Safety Culture are priced at \$25.00 each.

How to Hold Great Safety Meetings is \$20.00.

Taxes and shipping are additional.

For more information on these books, please visit [here](#).

OHS Challenge: “Let’s Discuss The Urgent Issues” - Part 2

In a previous issue, Alan had asked readers to submit what they felt were their #1 urgent issues with respect to OH&S. This is the balance of the submissions. Are these still your issues? Has anything changed?

As companies prepare for the economic challenges and uncertainties there are likely to be significant changes in direction and focus in workplaces for the year(s) ahead. Health and safety could well take a back seat to savings initiatives, increased production at lower costs and higher quality, customer retention and reduction in force.

- Increased numbers of foreign workers, requiring increased time spent training and adjusting the workplace to meet the needs of these workers.*
- Job security - workers may feel their jobs are at risk, resulting in more stress in the workplace, reduced reporting of incidents (don't rock the boat) to try to save jobs*
- Difficulties in recruiting skilled employees if the company is known to be having financial difficulties Reduction in the amount of time and money spent on training and re-training of the workforce*
- Reduced time spent on health and safety initiatives (JHSC Meetings and Inspections, updating health and safety hazard assessments, policies and procedures), reduced amount of time available to conduct thorough incident investigations, root cause analysis and corrective action plans.*
- Reduction in the amount of preventative maintenance being performed on equipment*
- Increased use of contractors to perform tasks previously done by skilled workers*

There are lots of ways a solid, well implemented health and safety program can weather the economic storm as well. Strong safety leadership, actively aligned with management can provide creative solutions to all of the above issues without breaking the bank and sustaining a vibrant health and safety program. Every cost saving, efficiency improving, customer retention initiative has a health and safety component that impacts the bottom line.

1) Youth Safety Issues: I see the lack of safety instruction in high schools as a major hole in the education system that needs to be changed. We have far too many young people injured on the job within their first few days of employment.

2) Lack of Summary Convictions for Safety Issues: The justice system takes too long to punish those who take safety less seriously than they should. It can take 2-3 years before a charge gets to court. We need summary tickets for some offences so that punishment is given out soon. People forget after a few years even what originally happened

3) Green workers; As the oil and gas industry slows down there are less rigs working which means skilled workers will start to look for other work. When rigs get busy in the winter drilling season green workers become a big issue.

Industry slow-down means many workers will be transferred to different rigs, which results in these workers working on different crews with people they are not used to. This results in a break down in team dynamics - communication, etc.

4) Retention of skilled workers - depending on the economics, programs may not be implemented to try to keep skilled workers in the company.

Training is always the big challenge because of lost man hours. Challenges of new technology and the hazards associated with the new process. Cost effective safety culture, oh the possibilities. Is there a bottom line to safety? Sell this to upper management.

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 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!

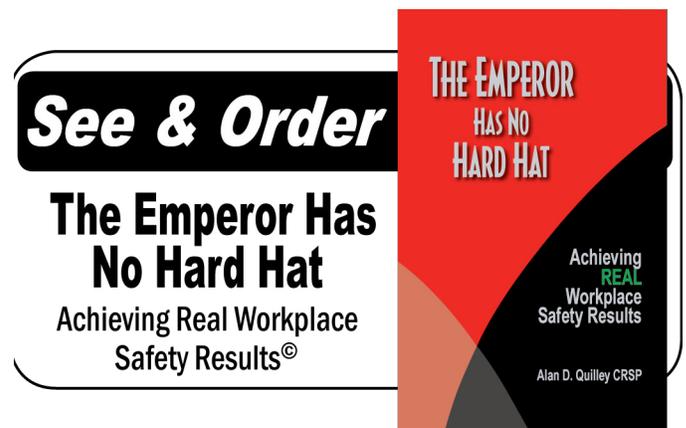
The next course starts April 1/22 and concludes April 29/22. Registrations for this course will be accepted by Lambton College until 4:00PM EDT, April 5/22.

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 \$400.00 CAD plus applicable taxes. Shipping (within Canada only) is included. More details [here](#).



Compliments for our CRSP and CRST Examination Courses and Study Material

“Many thanks again for all you hard work in collating and putting together material for the course”.

“Good Morning, Marie, I passed my first (in October) write. I received my letter yesterday. I want to thank you for everything – the course was spot on – it made all of the difference”.

“Hi Marie,

Just to let you know that I passed. Got the letter yesterday and sent everything in last night.

Thanks again for the materials and course. It was a big help”.

“I took your course and was thoroughly impressed. I’m happy to report that I passed on my first attempt, due in part to the coaching and course materials. I have strongly recommended your course to a number of my colleagues who will be pursuing their CRSP. Thanks so much!”

“Just getting through my mail, I received my results, and I am happy to report that I was successful. I would like to thank your organization for the prep course, and the encouragement through this process”.

Congratulations and thank you for your wonderful comments! We really enjoy receiving testimonials such as these!

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](#)