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4 Steps for Creating Safe, Healthy Habits for Your workers

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

The success we have in accomplishing our goals will be highly dependent on having a plan for success. Without a plan, we only have intention. We need to execute the plan. What we are really trying to accomplish, in a lot of cases, is to develop a new habit and/or stop an old one.

We all have developed habits in our lives. Some are good habits and enhance our lives, and others are bad habits and don't usually have good outcomes either in the short or long term.

I, personally, have a number of things in my life I just do automatically without thinking much about them. My morning routine, for example, is pretty much the same almost everyday. Most of my habits these days are based on healthy choices and not "bad" habits. I used to be a smoker — a habit that has a high probability of ending a person's life early or putting a serious dent in the quality of your life. It was an addiction/habit that was most difficult to break, but I accomplished it through a process that many can use to break a negative habit and replace it with a positive one.

On the positive side of human habits, many of us share behaviours that are good for us. Wearing seatbelts while we drive our vehicles is a common example. If we examine how we developed this habit, we could use it to help ourselves develop even more positive habits that would increase the likelihood that we'd go home every night in the same condition we started our day in.

Wearing personal protective equipment is another example. If we can make a habit of wearing a hard hat when we're at work, it is more likely that we will be wearing a hard hat should something fall on us. If we accept that our own human behaviour fits with the model of the ABCs (activator, behaviour, consequences), then making a behaviour habitual is going to require some activators and some consequences to be repeated in a predictable way. In my experience, the best way to develop a habit is to make it very personal — engage the very people that need to develop the habit in the process of deciding on activators and consequences.

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Let's examine some of the things that we can do, ourselves and collectively, to help our "safety habits".

1. Pick the behaviour that you want to become habitual

For example, you want to develop a good habit among your workers of wearing hearing protection when required. This is a positive habit for those people who are exposed to noise at levels that could damage their hearing. This is particularly important since noise-induced hearing loss can occur over many years of exposure. Making the wearing of hearing protection habitual can significantly reduce the chance of that long-term injury. Making it a habit will significantly change the long-term negative outcome.

2. Develop strategies to remind yourself to break the habit and/or develop a new one

This is where setting yourself up for success turns into activities. Reminders (activators) of the new behaviour can be set up to stimulate the behaviour. Reminders in calendars, notes, even fellow humans can all act as the reminders that you need to acquire the new behaviour. Continuing from the hearing protection example, placing the hearing protection in close proximity to the area where the noise is would be a good reminder. I personally have placed my hearing protection on the steering wheel of my diesel tractor. I must move the hearing protection to even drive the tractor. It makes it a natural thing to put the hearing protection on my head.

3. Measure your progress

Personal habit development requires self-reflection, such as positive self-talk when things are going well and self-encouragement when they aren't going as planned. There is no substitute for the hard work and effort people have to go through to develop new habits or break old ones. Often, you can get help from co-workers, friends and relatives. Adults that have developed the habit of wearing seatbelt and bicycle helmet often report that their kids were paramount in the development of these safety habits through their reminders and logical arguments: "Dad/Mom, if I have to wear it, why aren't you wearing it?" It's a good thing to remember that what we do speaks loudly to

others. You will know when you review your behaviour if it's working or not. If you've been successful, move to the next step; if not, move to the next step!

4. Correct or celebrate

Through measurement and reflection we're going to know by our own evidence what is working and what isn't. If you're being successful, then celebrating is a good idea. Congratulate yourself for your accomplishment. Feel empowered by your ability to change your habit(s) into positive actions. If success hasn't been realized yet, you need to revisit the plan and strategies and figure out what didn't go well. Was it the plan itself or perhaps the fact that you didn't execute the plan as you imagined it? There is no substitute for a good plan in achieving success. I won't wish you luck because luck really has nothing to do with this now. You are in control and you have a plan; I can't imagine a clearer path to success.

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.

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 1/23 and concludes February 28/23. Registrations for this course will be accepted by Lambton College until 4:00PM EDT, February 5/23

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 \$450.00 CAD plus applicable taxes. Shipping (within Canada only) is included. More details [here](#).



BCRSP-CPD Mandatory Ethics Course Online - March 1/23

A reminder that if your reg'n # ends in either a "1" or a "6", you are required to submit your CPD worksheets to the BCRSP by March 31/23.

As our course does not conclude until March 31/23, the BCRSP has granted permission for our students to have the CPD submission deadline extended. The BCRSP has stated their system will not accept a submission without the Ethics component completed, and Lambton College requires 2 - 3 weeks to release the Proof of Completion letter. Therefore, certificants are to email the BCRSP to advise them that the submission will be forthcoming once they receive their official results from Lambton.

To ensure that certificants know that they have passed the course, it is imperative that students submit their assignments/quiz before 4PM EDT, March 31/23 or they will not be graded. In addition, students are expected to check for either emails or notations from the instructor if there are issues. The course takes approximately 3.5 hours to complete.

For more information on the course, please contact [Lambton College](#)

To register for the course, please click [here](#).

Compliments for our CRSP and CRST Examination Courses and Study Material

"Just to let you know, I did write my CRSPEX and was successful. I truly believe I could not have accomplished this feat without your guidance, support and especially the study material provided by Safety Results Ltd. The content was definitely what was needed to ensure that I was beyond the "average passing grade." The real advantage I gained was the guidance towards a strategic plan to studying. I definitely do not believe I would have passed the CRSP exam on the first try without the aid of Safety Results Ltd., and to this, my deepest thanks to you".

"I'm happy to report that I passed on my first attempt, due in part to your tutelage and course materials. I have strongly recommended your course to a number of my colleagues who will be pursuing their CRSP in the next few years. Thanks so much!"

"I just received my letter on Monday and I passed on the first write. Thank you!"

"I passed the October Examination! Thank you guys so much, I couldn't have done it without your training! What I learned helped me succeed in the exam. I would 100% recommend Safety Results to others who are thinking of taking the CRSPEX".

We are absolutely delighted when we receive testimonials such as these. They serve to reinforce that along with their own studying, clients that take part in one of our Virtual Coaching packages, or individual purchasers of our study material prove to us that WE have the right formula.

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 coaching 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. Packages must be used within 6 months of purchase.

"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 coaching 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 coaching 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](#).

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](#)