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### **Adventures of Making Safety Personal**

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

I have a number of wonderful client companies that are striving to improve their safety efforts by helping people understand just how personal safety is and why it truly needs to be that way.

In training sessions we have developed, we spend time with employees (and in some cases, contractors) to discuss our personal stories of how safety (or the lack of it) has affected our lives. Sometimes the stories are humorous; often they are tragic. Either way, the process of discussing safety becomes very personal and has dramatic impacts on the participating individuals.

What we talk about are peoples' adventures and misadventures in safety. But what we are actually discussing are the real reasons that people need to do what they do safely.

#### **Who we are and what is important to us**

To start the process, we introduce ourselves to all the participants and discuss our family connections by telling the group about the important people in our lives. How many children we have, if our parents are still in our lives and how many siblings we have are some of the common introductions.

No one is asked to reveal more than what they're comfortable with.

Then we discuss what we do in our leisure time and how much we enjoy those things.

#### **Our job and people we work with.**

The discussion then moves to what we do for a living and why we got into the profession we're in. We often describe what we like and don't like about our work.

Within small groups, we discuss some of the risks we take and have taken and what the reward to us personally. Common examples are: speeding while driving, not wearing PPE, working at heights without fall protection, using the wrong tool or equipment for a job.

#### **Mature reasons to work safely**

As company safety cultures develop and mature, the people in those cultures realize that we are not doing safety for the government, although the safety solutions that are used need to comply as a minimum to the applicable legislated standards. Our maturity is really based on the realization that doing our work safely pays us back through continued enjoyment of our health and the important people and things in our lives.

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We then no longer text message while driving, not because some politician made it illegal, but because we realize that driving safely gets us home to our family.

The act of doing our work safely is not done for our employer because it's a "rule." Our work is done safely so that we get to see our daughter or son excel at their sport or simply get to hang out with our friends.

### **Harmful energies and the risks we take**

At this point in the session we start to talk about the energies that are involved in our work. Electrical, mechanical, chemical, biological, gravitational and kinetic are all common energies we're exposed to as we do a variety of occupations.

If we define being "safe" as not taking unnecessary risks, then not protecting ourselves against the energies we face at work should be deemed as "unsafe".

That being the case, examining what we do to protect ourselves from these energies then becomes a very personal behavioural commitment.

For example, working at a height without fall protection is unnecessary since there are many ways available to us not to do that. If we make it a personal commitment not to ever work at a height without proper protection of a guardrail or fall arrest harness, then we have done something significant to ensure our personal safety. At this point, most people can describe a situation where they have exposed themselves to one or more of these energies unnecessarily while they did their work. This risk taking is getting personal.

### **What are we really getting for the risks we are taking?**

Typically, people describe that the only real payback for working unsafely and taking risks when they really don't have to is that they saved a bit of time or for the period of the job, they are "more comfortable." When we discuss the cost benefit ratio of what we're risking (family, health, friends and leisure time activities) for these minor gains, it's usually what I affectionately call an "Aha!" moment. Most soon realize that the true reasons for being safe are much bigger

than the minor paybacks for being unsafe.

### **Habitual behaviours**

To be successfully safe we all need to make our behaviours habitual. Safety becomes then a natural process of doing our work. When we think about the behaviours we need to get through our work days without encountering injuries and health-damaging events, we see that it's the behaviours we choose personally that will help us accomplish that.

For example, wearing seatbelts is a behaviour that we aren't instinctively born with. We need to learn the behaviour of putting our seatbelts on before we drive. Repetitions and positive reinforcement through experiential learning helps to make this behavior one that becomes a habit. Once it's a habit it makes up a part of how we do the act of driving.

At this final point in the discussion, we can ask ourselves what it is in our lives that we need to STOP doing to make it home safely. Just as importantly, there are some things we realize that we should START doing to make ourselves safer. Finally, we realize that many of the things we do already are actually increasing the chances of us safely getting home after our day at work and we should CONTINUE to do those things.

There you have it, an important process every workplace should go through to assist people in thinking about and changing unsafe behaviours. Not for the government, not for the company, but for the real people we're working for — those who are waiting for us at home!

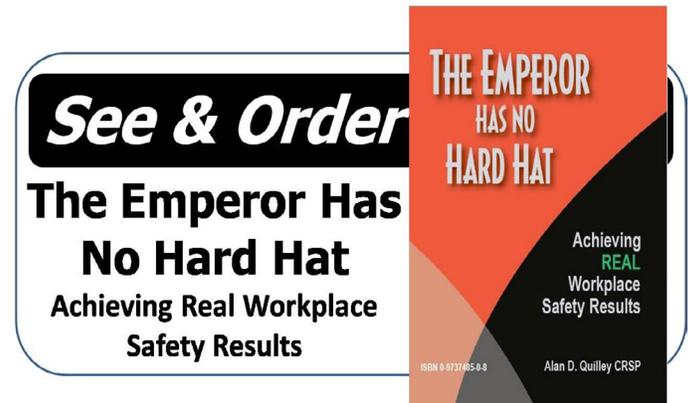
*Alan D. Quilley (1954-2021), my late husband, was a proud CRSP and published author of 8 books solely dedicated to OHS. He spent over 4 decades working as a safety professional, and since 2003, was a highly successful and sought after OH&S consultant and trainer/mentor. In determining the direction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

## BCRSP-CPD Mandatory Ethics Course Online - April 3/23

Our next Ethics course through Lambton College commences April 3/23. Registration is open until April 5/23. The course concludes April 28/23.

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

“I’m happy to report that I passed on my first attempt, due to your study materials. I have strongly recommended your material to a number of my colleagues who will be pursuing their CRSP in the next few years. Thanks so much!”

“Hi Marie, I am happy to say I got my results last week and I passed. What a relief! Your course gave me the confidence I needed and a sensible strategy to buckle down and study for the exam. I would highly recommend the course to anyone on the CRSP path”.

“I am happy to inform you that I have passed the CRSP exam. Thank you for the support rendered unto me.”

“Received my results yesterday and I am now a CRSP! Thanks for the help!”

“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 coaching, and the encouragement through this process”.

“I decided to write in October and I passed! Thanks so much for all the work you put into the material; it was a great help and I am so happy I came to you guys to get ready for the exam.”

“The material is extremely well organized, which was greatly appreciated! I think you have done an excellent job putting together materials for candidates who are looking to write the exam in the future. I found really concise and helpful, Will definitely recommend you to others in the future”.

“I am pleased to announce that I passed on my first try! Thanks!”

### ***What are you waiting for?***

Testimonials from our valued clients serve to reinforce that along with their studying, our study material/coaching packages and process prove without a doubt that WE have the right formula.

Visit our [website](#) for more information!

## 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](#)