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Try Not to Fool Yourself

by Alan Quilley CRSP

Here's some valuable advice

Try not to fool yourself into believing that you have knowledge you simply don't have. The internet is a weird and wonderful place. It is filled with information and opinion. Some of the information that is just a click away is evidence based and well supported with research. Some... not so much. The danger is not being able to tell the difference. There are many examples of where "celebrity" uninformed opinion catches fire and sways people into an action. Sometimes the WRONG action. Research "anti-vaxxers" and you see enough information to write several books about how a small group of ill-informed, opinionated people can ignore overwhelming, evidence based, peer reviewed medical knowledge and create severe harm to their fellow humans.

It seems redundant now, but an additional search for "Dr. Oz" will have you see many other excellent examples of unsupported opinion gone terribly wrong.

Critical Thinking is not an option with today's internet, it is essential.

Doing a "Google" search and believing the top ten things you read could put you into serious trouble. Popular doesn't mean GOOD. Nor does Google validate what it finds. In a world of viral videos, self-published blogs and celebrity tweets causing huge reactions in our known universe, it is required that one does a bit of research before they are "convinced" they "know what is going on." This is essential if people have an overwhelming urge to share "what they believe" on their Facebook page. Of course, they'll be asking everyone to share because it's "outrageous." Something that people may want to reserve for only those cute cat/dog videos until they've done their own diligent research.

It has been reported that every hour, over 500 hours of Youtube video is loaded. I don't know that to be true BUT if even a small portion of that is quality information, it is impossible to keep up with the well-informed, well-researched information.

So, this requires us all to be diligent by doing our own research.

What Can You Do?

I just entered into a lengthy conversation with someone who had based support for their "opinion" on

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a Google search that had returned with positive support for his opinion. My goodness, not only is this individual highly misinformed about the subject but also the very process Google uses to rank webpages. So what should you do so you do not readily fall victim to such ill-informed process?

Considering the source, reading alternative viewpoints and checking the “myth checker” websites is pretty much the first place to start. It’s important to see what the “alternative view” to your position is. If you don’t have the time to do that, then perhaps you don’t have the time to actually form an opinion of your own. It’s old advice but worth repeating... “It pays to have an open mind, but not so open that your brains fall out!”

Alan D. Quilley (1954-2021) was a distinguished safety professional whose career spanned over 4 decades in the field of OH&S. As a CRSP, published author, and highly successful consultant and trainer, Alan made invaluable contributions to the OH&S community. His insightful articles and teachings remain relevant today. In honor of his legacy, I will periodically include Alan's past writings in this newsletter, as they contain timeless wisdom and guidance that continue to benefit us all. Though he is no longer with us, Alan's passion for safety lives on through his enduring words and teachings.

BCRSP-CPD Mandatory Ethics Course June 3/24

Our next Ethics course commences June 3/24. Registration is open until June 7/24. The course concludes June 30/24.

This comprehensive and thought-provoking course, designed specifically for the BCRSP by Safety Results Ltd, is sure to enlighten and challenge a CRSP’s/CRST’s thinking of ethics in their professional practice. This course will take approximately 3.5 hours to work through. Professionally presented, with individual feedback provided by our facilitators, Marie Quilley and Greg McInnes, as well as an in-course quiz and an end of the course submitted assignment, makes this course your only choice.

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

BCRSP CRSP Exam Blueprint 2025

The current BCRSP CRSPEX Blueprint was implemented in 2020. Historically, Blueprints are updated every 5 years; the next version will apply to exams commencing February 2025.

As a result, the existing study materials are only applicable for the June and October 2024 exams. Due to this limited scope, the pricing of these prep materials has been reduced. Those purchasing study material and/or registering for coaching will be contacted in advance to confirm their understanding that the materials/coaching package reflect the current Blueprint only.

The actual date of when the new Blueprint will be released is unknown at this time.

To purchase study material or register for Virtual Coaching, please click [here](#).

Kudos for our CRSP/CRST Study material and Virtual Coaching

“I am grateful to Safety Results for creating the CRSTx study materials, manual and practice exams alike. The manual guided my studying and the practice exams helped me to find my knowledge gaps and where I needed to study more. I focused my studying on what was in the manual, and it paid off as I have received confirmation that I successfully wrote the exam”.

“Letting you know that I passed the CRST exam! Thank you for all your help!”

Thank you so much for offering your course and help me study for my exam! Even with many hours of preparing, it was still the most difficult exam I have written. I'm not sure what % I received yet, just that I passed. Either way, your material was instrumental to my success!”



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 2020 Blueprint CRSPEX and the 2024 Blueprint CRSTEX.

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 HSPC (formerly 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 (NP) (CRSP held from 1994-2023). 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. CRSP Virtual Coaching packages are valid only for candidates writing their CRSPEX in 2024. CRST Virtual Coaching 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 is our coach and can help you effectively study in your journey towards certification. He is a respected leader in OH&S, having over 3 decades of experience in various OH&S management positions (civic government, healthcare, aerospace, oil and gas and utilities). Greg has also been on the Board of Governors for the BCRSP, served as Chair of their Professional Conduct Committee and held positions with the CSSE at local, provincial and national levels.

He is a retired 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 various 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 with the Virtual Coaching Package)
- \$899.00 + tax

CRST Virtual Coaching Package

Inclusions:

- Study material (material shipped at our cost within Canada only) based on the 2024 CRST Examination Blueprint
- 6 hours personal coaching with Greg McInnes
- CRST Exam Prep Study Manual
- CRST Exam Prep Knowledge Gap Analysis Questions & Answers Workbook
- Handbook (offered only with the Virtual Coaching Package)
- \$899.00 + tax

If you wish to purchase only study material

(CRSP Study Manual and Workbook or CRST Study Manual and Workbook)

please visit our website:

[CRSP Study Material](#) or [CRST Study Material](#)