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Be a Skeptic - It Makes You Smarter!

Article by Alan Quilley CRSP

I absolutely LOVE learning new things. It's especially exciting to hear/read about new solutions to old persistent problems. Unfortunately it's all too easy to get excited about these "new" discoveries when they are announced and/or discussed on LinkedIn or other social media. That excitement should be enjoyed until of course, through further research, you find out that the "study" the new discovery is based on only involved 12 people. Even worse, the evidence is anecdotal ONLY and "they ALL FEEL BETTER when asked. "Hardly objective, nor verifiable.

"Belief by best seller" is another all too common problem. The safety community, like many others, is searching constantly for the next GREAT thing. Because that discovery may help us accomplish our goals of assisting ourselves and our fellow humans to safely live our collective lives. It's easy to get caught up in what sounds like a GREAT idea to solve the safety problems! So why not get excited about the next GREAT thing in safety management? Well, actually we should, but not before being VERY skeptical about the discovery. By the way, being skeptical is NOT a negative thing. Underlying good skeptical thinking is looking for objectively gathered and analysed evidence. Great claims with no evidence are only MYTHS and interesting ideas. The truth ALWAYS comes from objectively verifiable evidence.

There is a huge difference in what we believe and what may actually be true. As long as we separate the things we know objectively and what we THINK we know, we'll be fine. The mind plays wonderful tricks on us. It is well documented that the mind is terrible at some things. Optical illusion is just one example. The direction of low frequency sound is another. What we think we see or hear is not what is actually there. Sometimes in our zeal to know the unknown, we may fill in the blanks to create the appearance of us knowing something we don't. This is the fundamental reason that in early human history the sun was a flaming chariot crossing the sky and NOT the ball of gas it actually is. How do we know it's a ball of gas? Objective evidence.

Contact!

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It is the search for objective evidence that will help people separate what humans actually know and what we think we MAY know. It doesn't mean what you are convinced is true isn't... it just means it MAY be true but we need more information. Here are a few clues that you should be skeptical about the next GREAT thing:

When the support for the information starts with "My brother-in-law had X and he was cured by (fill in the blank brand of snake oil or pseudoscience)", or "I read it on Facebook/LinkedIn/X/any newspaper or online blog you can think of" or "I saw it on YouTube!", question it.

Remember, we learn by first questioning. Watch any 5 year old go through their day. Don't always be satisfied with the first answer you come across, ask another question and then another.

The best question I was EVER asked was "Why do you think that?" If you can't answer that question with objective evidence please consider looking for more sources of evidence! It's the evidence that will lead us to the truth AND we'll all be smarter because of it!

"Learn to love the questions as much as you love the answers." - Neil deGrasse Tyson

Alan D. Quilley (1954-2021) was a prominent figure in the realm of occupational health and safety, with a career that extended over four decades. As a CRSP, published author, and accomplished consultant and trainer, he significantly impacted the OH&S community. His insightful writings and educational efforts are still relevant today. In tribute to his legacy, I will share Alan's earlier works in this newsletter, as they provide enduring wisdom and guidance that benefit us all. Although he has passed, Alan's dedication and passion for safety endures through his lasting words and teachings.

BCRSP - CPD Online Mandatory Ethics Course - February 2/26

Our next Ethics course, approved by the BCRSP and in conjunction with Lambton College, commences February 2/26 Registration is open until February 9/26. The course concludes February 28/26.

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

Kudos for our CRSP and CRST Virtual Coaching & Study Materials

"I passed the CRST exam! Thank you for putting together thoughtful and valuable study material."

"I'd like to let you know that I passed the CRSP exam! Thank you so much helping me study for the 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 prep was instrumental to my success!"

"Just wanted to thank you both and let you know that I have officially passed the CRSP exam. Couldn't have done it without you!"

"I got it, in fact I did better than I thought I would. I'm speaking of my CRSP designation, of course. Yay me! Thanks for your support and encouragement! I am VERY happy and relieved that I don't have to study for a second time!"

"The materials provided by Safety Results were truly of benefit during my study time. Each of the sections adequately covered the material needed and added clarity on the testing process and study plan structure. Thank you again; another successful exam thanks to Safety Results."

"The materials helped me immensely to prepare for the exam. It drew attention to the areas which I needed to focus on, allowing me to utilize my study time in the most effective manner. I am proud to say that I just received confirmation that I passed the CRSPEX, which is due in part to the study material."

What are you waiting for?

Testimonials from our valued clients serve to reinforce that along with their own hard work, our study material/coaching packages and process, prove without a doubt that WE have the right formula. Visit the [website](#) or contact [Marie](#) for more details!

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 offer Virtual Coaching Packages. These packages are available to those that are writing the 2025 Blueprint CRSPEX or the 2024 Blueprint CRSTEX. We will provide all of the material (shipped at our cost within Canada only). We are delighted to extend discounts to active members in good standing of WOHSS or the HSPC (not combinable and proof of current membership is required). For more information, please contact [Marie](#).

This virtual package includes 6 hours of personal coaching with Cherlyn Hudson CRSP. The hours are broken down however you wish. Calls are individualized and held via phone or Zoom Video Conference, your choice. 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?

Cherlyn Hudson CRSP is a seasoned Health, Safety, and Environment (HSE) professional with nearly 30 years of experience spanning construction, utilities, oil and gas, and defense sectors. After obtaining her HSE Certificate from NAIT, she progressed through HSE positions with companies such as TransAlta Corporation and Raytheon Canada, ultimately establishing her own firm, SkyView Safety Consulting Corp., in 2016.

In 2021, Cherlyn participated in one of our Virtual Coaching packages, with Greg McInnes as her coach. She earned her CRSP designation, which acknowledges her extensive technical knowledge and dedication to excellence in workplace safety. She currently leads a team that provides practical and compliant safety solutions to over a dozen clients, leveraging her comprehensive understanding of OHS legislation, strong leadership skills, mentorship, and a collaborative approach to foster enduring safety cultures.

Prior becoming our coach, Cherlyn was mentored by Greg. This experience, combined with her extensive background and prior involvement in our Virtual Coaching Package, positions her strongly for this role. With all her experience, and sharing the Safety Results’ techniques to help you focus your studies, why look elsewhere? Selecting a mentor is an important decision, and it’s essential to evaluate their qualifications. When weighing your options against other providers, pay attention to their experience, teaching styles, and how well they match your learning objectives to ensure you make a well-informed choice. We are confident that they will not be able to match us in quality, experience, and teaching methodology. As our founder, Alan D Quilley CRSP said: “There are no hard questions if you know the answers!”

CRSP Virtual Coaching Package

Inclusions:

- Study material (material shipped at our cost within Canada only) based on the 2025 (current) CRSP Examination Blueprint
- 6 hours personal coaching
- CRSP Exam Prep Study Manual
- CRSP Exam Prep Knowledge Gap Analysis Questions & Answers Workbook
- Handbook, includes more practice questions & offered only with the Virtual Coaching Package

CRST Virtual Coaching Package

“ Inclusions:

- Study material (material shipped at our cost within Canada only) based on the 2024 (current) CRST Examination Blueprint
- 6 hours personal coaching
- CRST Exam Prep Study Manual
- CRST Exam Prep Knowledge Gap Analysis Questions & Answers Workbook
- Handbook, includes more practice questions & offered only with the Virtual Coaching Package

If you wish to purchase only the CRSP Study Manual & Workbook or the CRST Study Manual and Workbook, please visit:

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