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Studying for Your CRSP or CRST Exam

Article by Alan D Quilley CRSP

Here are some tips & strategies to consider while you prepare to successfully pass your CRSP or CRST Examination.

1) Make Sure You're Studying for the Exam You're Going To Write

Although there are a great number of similarities in the two examination blueprints, there are significant differences. The major one being that the CRSP Examination has 113 competencies and the CRST 81. Studying CRSP preparation materials for a CRST examination is a mistake and really bad advice. The converse is also true.

2) Focus Your Studies on What You DON'T Know

When studying for any examination, the key will be to focus on what you don't know. A gap analysis is necessary. Taking the competency statement and comparing that statement to your knowledge will be the key to making the best of the time you have to study. Why in the world would you spend your time reading and rehashing what you already know! Don't be fooled by those who tell you to read everything over and over again.

3) Once Identified – ATTACK Your Knowledge Gaps

Once identified, make small goals to become knowledgeable in the competencies where you have a knowledge gap. Focus your research on those areas that you may not know enough about.

4) Keep an Inventory of Your Successes

As you move forward in your studies, sort the areas of your expertise in at least three Categories: A. Know It Well. B. Needs More Work and C. I Don't Know This at All. Flashcard questions make the process of sorting competencies much easier.

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5) Test Yourself and Retest Yourself – REPEAT
Punctuate your studies with quizzes and practice questions. This serves two purposes: a) It ensures that you are making progress and b) it refreshes your knowledge gap analysis so that you aren't wasting your time learning things you already know.

6) Get Help If You Need It

Only you know how you learn best. This will be one of the hardest examinations you will write in your lifetime. If you feel confident that you can analyse your knowledge gaps with the resources you have available, go for it. If not, consider purchasing our Study Materials, take one of our prep Workshops and/or join a Study Group.

I hope this has helped you get your head around how to prepare for your CRSP or CRST Examination. If you'd like more help from us, please consider taking one of our preparation courses. If you can't make it to one of our Examination Preparation Courses, we also have coaching packages and study materials for purchase. We also have some free online CRSP Practice Questions to help you with your personal knowledge gap analysis!

CRST Examination Preparation Workshops and Study Material

We offer a Study Manual and Workbook specifically for those preparing for the CRSTEX. We've already heard from candidates that were advised by other providers to simply study from their CRSTEX material; those candidates were not successful. Using study material for the wrong exam is a bad idea... ensure you are using our study material for the *RIGHT* exam!

Our next CRST Examination Preparation Workshop is taking place November 15 - 17, 2019, and we've just added another set of dates. Our first CRST Workshop in 2020 is scheduled for January 10 - 12, 2020.

We also offer the same material our students receive in our Workshops for sale on our website. Currently, we offer a CRST Examination Preparation Manual and Workbook. For more information, please visit this [page](#).

On The Net

From our friends at EWI Works

Ergonomic Bike Setup: Getting the Most Out of Your Ride

From Accuweather

7 lightning safety tips if you're caught outside during a thunderstorm

From Gov't of Canada

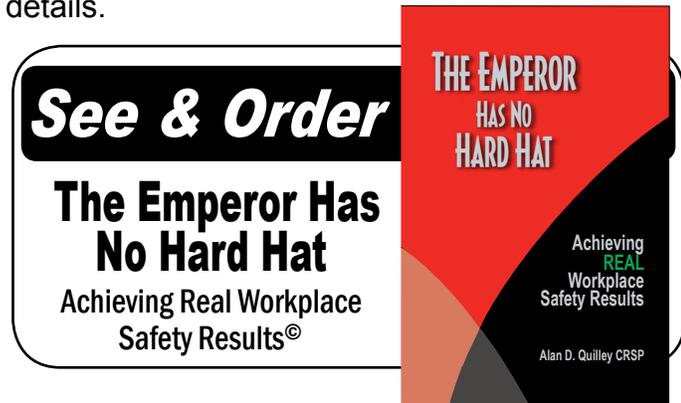
Office of Boating Safety

From Gov't of Canada

Food safety tips for barbecuing

CSSE Member Discount!

Don't forget that we offer a 10% discount on our CRSP and CRST Workshops as well as study material to current members in good standing of the CSSE! Please contact [Marie](#) for more details.



Other Ways That We Help CRSP Candidates!

Alan created a website to further assist you in your studies. He also posted, for your FREE download, 90 questions (in two series of 45 questions). This could cost over \$80.00 on a competitor's site! The practice Q & A are based on the 2015 CRSP Blueprint.

You'll find the practice questions and answers at the following links:

[Safety Results Online CRSP Practice Questions - Series 1](#)

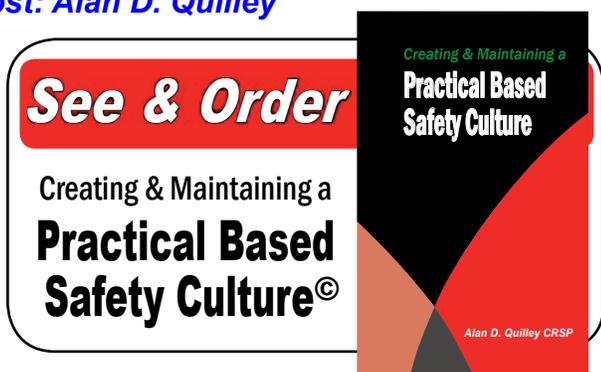
[Safety Results Online CRSP Practice Questions - Series 2](#)

LinkedIn CRSP & CRST Exam Preparation Study Group

Alan created this LinkedIn group for those that are planning on writing these exams to discuss study strategies and tips.

Join us at:

[CRSP and CRST Exam Preparation Study Group Sponsored by Safety Results Ltd.](#)
Host: Alan D. Quilley



Compliments for our CRSP Examination Preparation Workshops and Study Material

"I am very happy to say that I passed the exam with the help of the workshop. The workshop was very informative and very well organized."

"I am just emailing to inform you and AI, that I was successful on my first attempt at the CRSPEX through the BCRSP that I wrote in October.

I attended your workshop in July, and I focused at least 85% of my studying on the materials that came out of your preparation workshop, and used them, in correlation to the blueprint released by the BCRSP to guide my efforts.

I found that the information in your study guide, met, or exceeded the content that was provided by both the BCRSP, and the study group that I had taken through the CSSE.

I wanted to say thank you very much, I appreciate your time and your knowledge during the preparation workshop, I am really grateful for everything."

"Thank you for your email. I got my results today and I would say I am content as I passed my exam.

Without a doubt, the course I took and the material that was provided to me helped me pass this exam.

Thank you again to Safety Results for supporting the safety professionals."

"Hi Marie - I hope you and Alan are doing well!

I received my results from the Oct test this morning and I passed.

You two put on a wonderful prep course and it was exactly what I needed to prepare me to write the CRSP exam."

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

CRSP EXAMINATION PREPARATION WORKSHOPS

Sherwood Park September 20 - 22, 2019

Sherwood Park November 1 - 3, 2019

Stay tuned for our Calgary Workshop dates!

Our intense 3 day CRSP Examination Preparation Workshop fee is \$999.00 + GST. Here's why we know we can help and why you should thoroughly investigate before choosing your CRSP Examination Preparation Workshop and product provider.

Our Workshop price includes the following:

- Study material continuously updated to the current 2015 BCRSP Exam Blueprint
- Our Manual, Workbook, Series 1 & 2 Multiple Choice and Long Answer FlashCards (\$910.00 value)
- Our Handbook that contains more practice questions and answers (Handbook is available *only* to participants at the workshop)
- Material is enclosed in a coveted Safety Results canvas attaché bag which includes pen, highlighter, calculator, notebook for notes and Post-its.
- Lunches and refreshment breaks
- Special offer – We were the first workshop provider with a special offer for participants of our Workshop: If you challenge the CRSP exam and are unsuccessful, you may attend another sponsored Safety Results Ltd. CRSP Examination Preparation Workshop for a nominal fee. (Workshop must be based on the 2015 BCRSP Blueprint - further conditions apply - please inquire for details).

When broken down, the value-added features, the quality of our material and our instructor cannot be beat. We've been doing this for a long time and we're extremely proud of what we offer.

What makes us different?

- If you learn better by sifting through mountains of paper presented in a random and an illogical manner, this is not the Workshop for you.
- If you learn better by sitting and answering hundreds of practice exam questions without quality direction, this is not the Workshop for you.
- If you learn better by reviewing regurgitated copies of the BCRSP's Study Guides (that you've already paid for!), this is not the Workshop for you.

How do we know all this? Students who have taken other providers' Workshops have told us. Ours always wins, hands down, every time.

"It's really important to know who is trying to teach you something". - Alan D Quilley CRSP

Learn from Alan Quilley CRSP, our engaging, dynamic instructor and who teaches you how to study, truly demonstrating that you can enjoy learning. He's a **proven industry leader in safety**, a working CRSP who not only consults, but trains within North America and internationally. He actively works with companies, helping them create their Health and Safety programs. He doesn't just teach it, he lives it. With his decades of practical experience in OH&S, highly qualified in adult education and the techniques to help you focus your studies, why look elsewhere?

Our course format is often imitated but never surpassed. Don't get taken in by cheap imitations of our process, format and content.

For more details and to register, please visit our [CRSP Workshops](#) page.

And remember that if you are unable to attend one of our Workshops, you can purchase the very same Manual, Workbook, Multiple Choice/Quick Answer and Long Answer FlashCards that our students receive in our Workshops. Visit our [CRSP Exam Prep Materials](#) page for more details!