

In this Issue:

- Seasons Greetings from Safety Results!
- Holiday Safety from CCOHS
- Safety Results Annual Holiday break - December 14, 2018 - January 3, 2019
- On the Net
- Discounted rates on CRSP Exam Prep Workshops+ for CSSE members
- Canada-Alberta Job Grant and our Workshops
- CRST Examination Preparation Workshops 2019
- Compliments for our CRSP Examination Preparation Workshops
- CRSP Examination Preparation Workshops 2018 and 2019



Seasons Greetings from all of us at Safety Results!

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Holiday Safety

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What are some safety tips when using lights and extension cords?

- Only use lights and extension cords that are in good condition. Check for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets/plugs, excessive kinking or wear. Check the cords to see if they feel warm when they have been on for a while. If you find any of these signs, replace with an approved Canadian Standards Association (CSA) product.
- Turn off the lights when you leave work, or if at home, when you are asleep or away.
- Always follow the manufacturers instructions about how many sets of lights that can be strung (plugged in) together.
- Use only indoor lights and extension cords indoors, and, of course, outdoor lights and cords outdoors. Use Ground Fault Interrupters (GFCI) outlets for outdoor power.
- Use mini or LED lights as they have cool-burning lights (and LED lights save electricity). Make sure all of the sockets contain a light bulb.
- Never remove the ground pin, or file the wide peg of plug as this interferes with the electrical grounding.
- Never put extension cords through doorways or under carpets.
- Do not overload electrical outlets.

What are some additional decorating safety tips?

- If you use an artificial tree or if you are hanging decorations, buy only non-flammable or flame resistant decorations and trees.
- Do not use angel hair (glass wool) together with spray-on snowflakes. This combination is very combustible.
- Do not use metallic ornaments on the tree. If they make contact with defective wiring they could become a shock hazard.
- Do not use nails, tacks, or staples to hang cords and lights. They can damage the insulation on the outside of the wire and create corrosion or a short circuit.

What are some tips if I use a ladder?

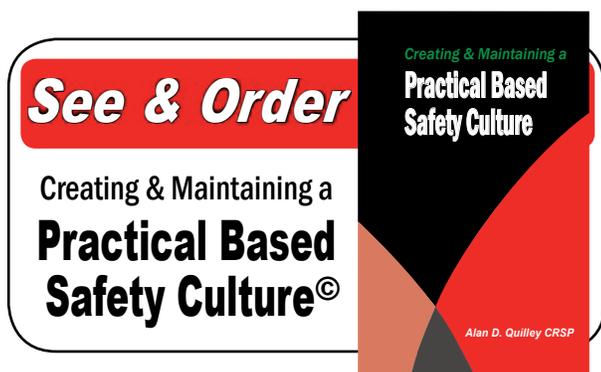
- Always use a ladder when hanging decorations on the tree, walls or when outside.
- Stepladders should be about 1 m (3 ft) shorter than the highest point you have to reach. This height gives a wider, more stable base.
- Open the stepladder spreaders and shelf fully.
- Check stability. Make sure that all of the ladder's feet are on a firm, level and non-slippery surface.
- On portable ladders, maintain three-point contact by keeping two hands and one foot, or two feet and one hand on the ladder at all times.
- Do not overreach. Climb down and move the ladder when needed.
- Do not "shift" or "walk" a ladder when standing on it.
- Do not stand, climb, or sit on the stepladder top or pail shelf.

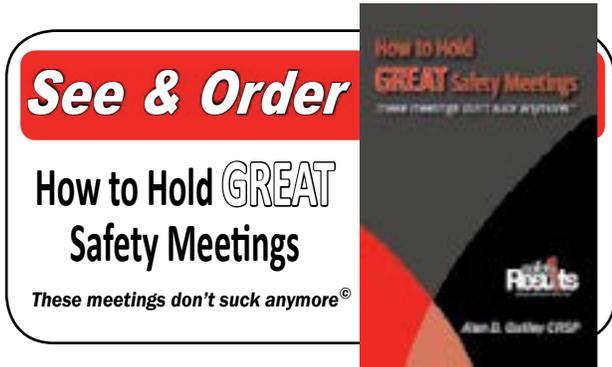
For more information on ladder safety refer to our Safety Hazards - Ladders section of OSH Answers.

How do I take care of a live tree?

Live trees quickly become dry and are a fire hazard. Most trees will last about 14 days. If you are decorating a live tree for the workplace, you may want to take it down before people leave for holidays.

- When buying a live tree, give it a shake. Needles will fall if the tree is dry because it was cut some time ago. Pick one that does not lose





its needles.

- Cut 2 to 5 centimetres from the trunk of the tree to encourage the tree to drink more water.
 - Water the tree!! Ideally, it should have a sturdy stand that holds about 4 litres of water. A two-metre tall tree will drink about four litres every two days.
 - Check the water level every day.
 - Use a preservative in the water. If you are concerned about small children or pets drinking the water, use a small amount of sugar instead.
 - Keep the tree away from heating vents or registers, fireplaces, high traffic areas, and exits. As well, try to position the tree so you do not have to use long extension cords.
 - Consider using a wire connected to a hook or the wall to prevent the tree from falling over.
- If you are using a chainsaw to cut your own tree, be sure you are aware of the various safety steps and procedures.

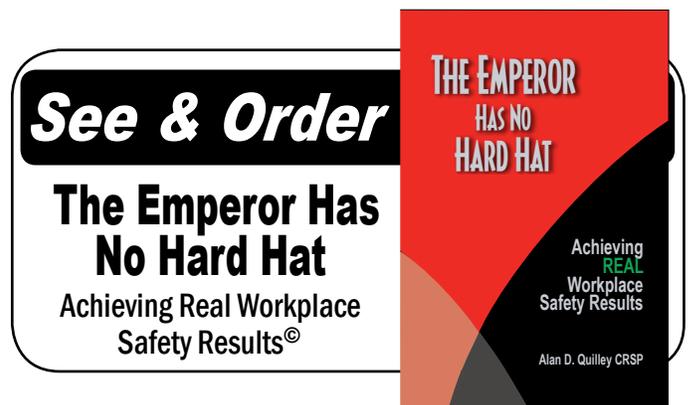
What are other holiday safety tips?

- Only burn candles away from combustible materials (papers, cloth, drapes, curtains, etc.). A good practice would be to keep candles one metre away from anything that can burn. Trim candle wicks to about 0.5 cm (0.25 inches) before burning to keep the flame small and prevent uneven burning and dripping. Use a non-combustible candleholder and never leave a candle unattended. Never use them on live or artificial trees. Never use a candle if oxygen, e.g., for medical purposes, is used in the area. Consider substituting wax candles and liquid fuel lanterns with flameless LED battery-operated candles.

- Be sure your home is equipped with a working carbon monoxide detector, smoke alarm, fire extinguisher, and a first aid kit.
- Before buying toys for children or when donating them to a charity, always consider the safety of the toy (e.g., small pieces can be a choking hazard, movement of pieces that may be pinch points, quality of materials, etc.) Also consider the age and ability of the child, or other children who may also play with the toy.
- It's always important to keep foods out of the danger zone, which is between 4°C (40°F) and 60°C (140°F). Keep hot foods hot, at least 60°C (140°F) and keep cold foods cold at 4°C (40°F) or lower. Do not leave hot or cold foods at room temperature for more than 2 hours.

Be merry, but be safe, and thus have a happier holiday season.

Cheers!



Safety Results Annual Holiday Break

Safety Results is taking a holiday break from December 14, 2018 through January 3, 2019 inclusive.

Alan and Marie are still available via email and phone, however, product orders will be not processed during this time period.

We hope that you and yours have a wonderful holiday season.

On The Net

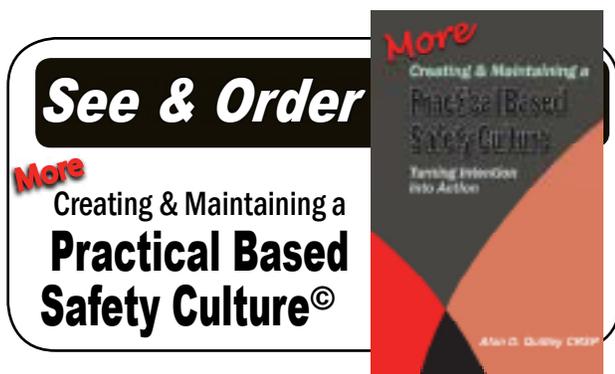
From CCOHS:

[Health & Safety Committees and Representatives - Free e-Course](#)

Special 10% discount for our Workshop and CRSP Exam Prep Materials for members of the CSSE!

To celebrate the working partnership between the BCRSP and the CSSE, we are pleased to announce that we are offering special discounts in 2019 on our world renowned CRSP Examination Preparation Workshops and associated products! The offer is valid only for current members in good standing of the CSSE and proof of membership must be provided.

For more information, please contact [Marie](#)



Canada-Alberta Job Grant - Using towards our Workshops

A recent participant of one of our recent CRSP Examination Preparation Workshops was able to, via the company he works for, obtain funds from the Alberta-Canada Job Grant to use towards his registration fee for our Workshop! In his case, his company paid 1/3 and the Grant picked up the balance. The Applicant Guide, Application Form and more information is located at the following site:

<https://www.alberta.ca/canada-alberta-job-grant.aspx>

This may be a viable option for employees that fit within the grant's criteria.

CRST Examination Preparation Workshops!

Stay tuned for dates of our CRST Examination Preparation Workshops, coming in 2019!

Workshop dates will be announced soon!

Compliments for our CRSP Examination Preparation Workshops

"Excellent! I was able to identify exactly what I need to learn and what I need to review. This is THE course to take – don't waste your time or money even looking at others! Thanks Al and Marie!"

"I received my results, and I am happy to report that I was successful. I would like to thank your organization for the prep course, and the encouragement through this process".

"Just wanted to let you know that after taking your prep course in April, I decided to write in October and I passed! Thanks so much for all the work you put into the prep course it was a great help and I am so happy I came to you guys to get ready for the course".

"I just wanted to thank you very much for putting together the CRSP Prep course during this past weekend. The course was 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 have also found your study materials really helpful, and I have especially enjoyed the flash cards. I will definitely recommend the course to others".

Thank you all for your fantastic comments - we really appreciate them! Again, congratulations on your achievement!

CRSP EXAMINATION PREPARATION WORKSHOPS 2018 and 2019

Orlando (Kissimmee), Florida	December 18 - 20 (Reg'n closes December 4)
Sherwood Park	March 27 - 29, 2019
Calgary	April 10 - 12, 2019
Sherwood Park	July 19 - 21, 2019
Sherwood Park	September 20 - 22, 2019

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:

- Material updated to the current 2015 BCRSP 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 are the only workshop provider that has 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 and further conditions apply- please check with us for more details.

When broken down, the value added features of our Workshops cannot be beat.

What makes us different?

- If you learn better by listening to a lecturer drone on and on, this is not the Workshop for you.
- If you learn better by sifting through mountains of paper presented in a random and illogical manner, this is not the Workshop for you.
- If you learn better by answering hundreds of online practice exam questions without professional, quality direction and study material, 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 or have purchased their product have told us. Ours always wins, hands down, every time.

Why not learn from Alan Quilley CRSP, our dynamic instructor who engages participants, and teaches you how to study, truly demonstrating that you can enjoy learning? He's a proven industry leader who actually works with companies, helping them create their Health and Safety programs worldwide. He's a working CRSP who consults and also trains internationally.

We don't just teach it, we live it.

Our course format is often imitated but never surpassed. Don't be fooled by cheap imitations of our process, format and content. Safety Results Workshops are the gold standard of preparation workshops.

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!