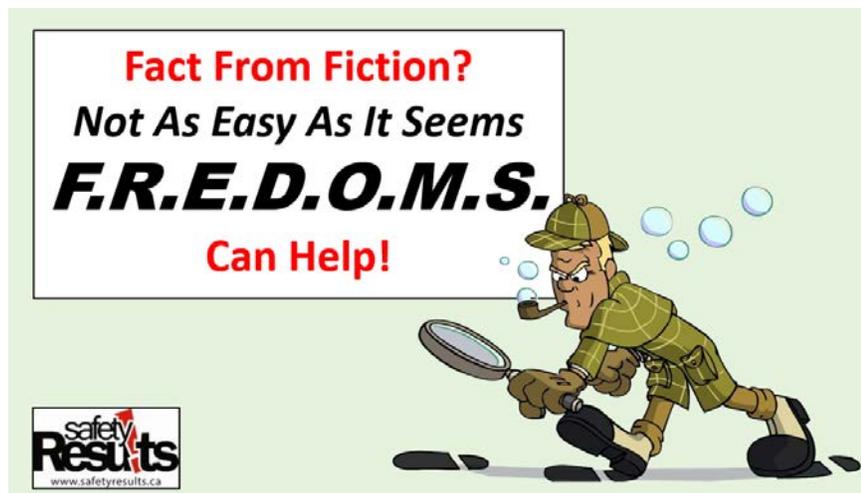


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F.R.E.D.O.M.S. - Determining Fact From Fiction by Alan D Quilley CRSP



"I need an article from you by Thursday!" I heard this early this morning from my wife Marie who makes sure (among many other things here at our company, Safety Results Ltd.) that our newsletter is created and sent. Wow, nothing like a little pressure to be creative! Read "Deadline THURSDAY!"

So the natural next thought is: "What the heck should I write about?" Seems in these turbulent times there should be a great deal to write an opinion piece on. Those who know me personally know I have some pretty strong views on politics which I usually keep to my "personal" side of life. There is however no mistaking that the political self is spilling over to the "personal" side of almost everyone's life if you are aware of world events at all.

So let's talk about information and what to believe. There's a famous quote about facts that I often use

“Everyone is entitled to his own opinion, but not his own facts.” - Daniel Patrick Moynihan

In today’s world of information, what is fact and what is opinion often gets blurred. Recent comments about “alternative facts” seems silly to those of us who require evidence to indicate how accurate something is. Let’s take a look at a few factors that can lead us to a conclusion about fact or fiction. Now this isn’t a pure science since not everything has independent, scientifically collected, evidence to back it up. But it’s a start:

The acronym I use is F.R.E.D.O.M.S. Let’s break it down into its components:

Firsthand

- based on what is directly experienced through the senses. Did the person who is telling you the information experience it themselves. Or does it start with “I have a cousin who...?” Many of us get our news through on-line sources. New media, blogs even tweets from famous and powerful people. If your newsfeed tells you about a “new breakthrough” by an agency or group of scientists, it’s best to actually read the report they are telling you about!

Reliable

- two or more people independently agree on what they observed. The more people who have experienced the information firsthand the better. This alone doesn’t prove a fact but it does make it more likely. Group think is alive and well but if several sources are talking about the same thing. That thing grows a bit in confidence. Of course this on its own is just another piece of the puzzle and hardly the whole picture.

Expert

- the source of evidence is an expert on the issue in question. If a person with proven expertise tells you something, then the power of that evidence increases the chances you are hearing a fact. This of course doesn’t mean you shouldn’t seek out the other F.R.E.D.O.M.S. factors to feel even more confident.

Detailed

- the evidence is presented in great detail. When the details help to support what is being told to you, it increases the chances that the

item isn’t fictitious. Now there are some GREAT fiction writers around so this alone hardly is the only indicator you should use. But I hope you see that the more FREDOMS factors that are being satisfied the more confidence you can have in the information you are receiving.

Observable

- the evidence can be viewed because it’s still available. The evidence is there for your viewing. The actual report you are interested in is available to you. Check it out...confirm that it actually exists through your own observation.

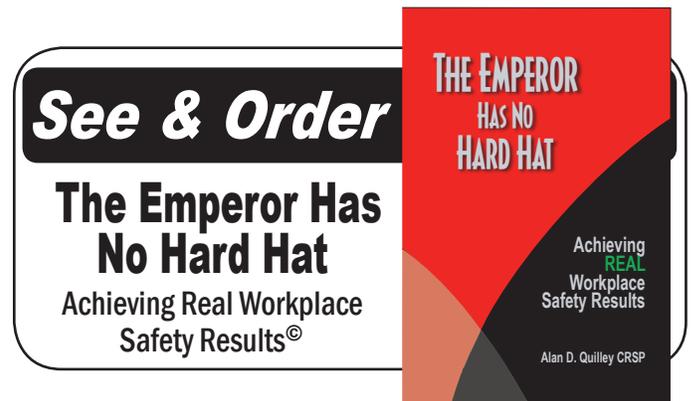
Measurable

- a quantitative calculation can be determined by using a standard measurement. See above. Observe the evidence yourself with a measurement tool. If you’re told the table is 2 meters long...well, measure it!

Specific

- the evidence is highly specific to the witness. Some facts are specific to the individual who is expressing the information. Someone talking about their own experiences and knowledge that can only be specific to them can be an additional clue that what you are hearing is a fact. At least in the mind of the person expressing the specifics.

Well there you have it. F.R.E.D.O.M.S. It’s not perfect and there can be many other clues to logically support what you are hearing or reading, but at least F.R.E.D.O.M.S. increases your chances that what you are taking in has merit. Good luck and be careful of “alternative facts.” Some would see that as an alternative term to use instead of the word “lies.”



Compliments on our CRSP Examination Preparation Workshops

"I PASSED my CRSPEX. I passed on my first attempt and am very pleased, I feel grateful and humbled to be a part of this professional group.

I enjoyed taking your course as it showed my weak areas and helped me to hone in on the areas I needed to focus. After your course I did continue to procrastinate to study as I felt overwhelmed by in the information I still needed to absorb. It was this past October that a few friends challenged me to write the exam. The next writing opportunity was in 2 weeks and I knew that I had to study hard to achieve my goal. I blocked everything out of my schedule and took the next 14 days at 10 hours a day to learn all of the material (my husband and kids were so supportive).

Your books were my guide and helped me to organize my thoughts and study notes. I truly don't think I could have done it without your books as a guide.

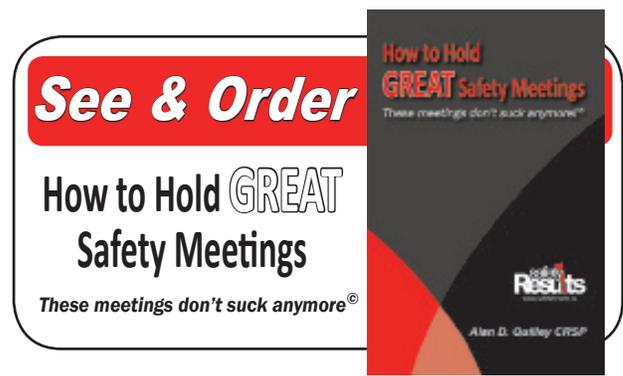
My strategy was to go through all of your material and make my own condensed notes. I then took all my condensed notes and went through the official CRSP study guides and added more into my notes. Along the way I completed the tests and when I got a question wrong I added the answers into my notes to further strengthen them. I loved the flashcards and could do them all with 100% by the end of it.

Thank-you

RH

Thank you for your fantastic comments - we really appreciate receiving testimonials such as this!

Congratulations again!



Another Way That We Help CRSP Candidates!

FREE Questions - Downloads

In case you missed it, a couple of years ago, 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.

Stay tuned for even more questions and study tips at:

[Safety Results CRSP Examination Preparation Site](#)

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

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

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

LinkedIn CRSP Exam Preparation Study Group

Alan created this group for those that are planning on writing the exam to discuss study strategies and tips. Join us at:

[Alan's CRSP Exam Preparation Study Group](#)

Safety Results Blog and Twitter

Read what Alan has to say!

[Blog](#)

[Twitter](#)

On the Net

[Alberta Health and Safety eNews - FEB2017](#)

CRSP EXAMINATION PREPARATION WORKSHOPS 2017

Sherwood Park	April 7 - 9, 2017
Sherwood Park	July 21 - 23, 2017
Sherwood Park	September 22 - 24, 2017

Stay tuned for more dates and a Calgary Workshop!

Our 2.5 day CRSP Examination Preparation Workshop fee is \$949.00 + GST. Safety Results Ltd. wants you to be successful in becoming a CRSP. Here's why we think we can help and why it's important to research fully when you are comparing CRSP Examination Preparation Workshop providers!

We are an Alberta based business (since 1999) - support your local economy!

Our Workshop includes the following:

- Material updated to the current BCRSP Blueprint
- Our Manual and Workbook (\$600.00 value)
- Our CRSP Exam Prep Flash Cards (\$105.00 value)
- Our Handbook which contains additional practice questions and answers (Handbook is available *only* to participants at the workshop)
- Material is contained in a coveted Safety Results canvas attaché bag which includes pen, highlighter, calculator, notebook for notes and Post-its.
- Lunches on the two full days and refreshment breaks
- Special offer – We are the *only* workshop provider that has a special offer for participants of our Workshop: If you write the CRSPEX and are unsuccessful, you may attend another sponsored Safety Results Ltd. CRSP Examination Preparation Workshop for a nominal fee. The workshop must be taken within one year of your first workshop with us and further conditions apply - please check with us for more details. If you see other providers with this same offer, it will be because we did it first.

When broken down, the value added features of our Workshops cannot be beat. For more details and to register, please visit our [CRSP Workshops](#) page.

Please note that if you have registered for a workshop, but not paid for your spot, we are not holding a seat for you.

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

