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Make It Safe...And Make It Legal!

(Excerpt From - Creating & Maintaining A Practical Based Safety Culture©)

Article by Alan Quilley CRSP

In my professional, OH&S consulting practice I often see clients who have become frustrated by chasing the regulations. Their desire to comply with the legal requirements is honourable and a very wise business choice. It also pays to make our workplace safe and healthy places for our valuable employees. This is especially true in our day and age of diminishing workforce, increased world competition and challenging economic times. A contracting company needs to stay sharp to survive. You can ill afford to be the company that is in the news for either seriously hurting someone or under investigation by the OH&S department of the government. Even worse to be known as the company that is actually being charged with OH&S violations.

Wanting to be safe and to comply isn't enough; we need a strategy to make it happen. Here's what has worked successfully for many companies that realize that making it safe is only half of the challenge; making it legal is the second half.

To further illustrate the two sides of this safe/legal coin, here's an example of safe and not legal. If you drive the streets of any small town late at night chances are that you will, on occasion, encounter the experience of being the only vehicle on the road. Imagine yourself stopped at an intersection at a red traffic light at 3:00 am in the morning. At this intersection you have a clear view of the landscape in a 360-degree panoramic view. There isn't another vehicle in sight. There are no buildings to obscure other vehicles nor is there any vegetation in the way. There is simply no one else on the road. If you were to proceed through the intersection against the red light, you would be very safe. Trouble is, in almost all jurisdictions that I'm aware of, this act of driving through an intersection against a red light is not legal. Our goal in business is to do both.

Let's start with a simple process.

1) Find the harmful energies (Hazard Assessment)

Find the harmful energies that could cause you grief. Electrical, mechanical, chemical, kinetic, gravitational and stored energies are some examples of energies that can all find a pathway to us unless we ensure they are controlled. Being hit with unwanted energy is a sure fire way for us to get

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hurt or for our equipment to be damaged.

2) Put barriers in place to stop the harmful energies (Hazard Control)

Once defined, these energies can be eliminated or, in some cases, you can put barriers in place to ensure the energies don't hit us. For example, if I need to work in a trench, I'm concerned about gravity working on the stored energy of the trench walls. If I go into an un-shored/protected trench then I'm putting myself in the way of energy. I can control that energy by using barriers. Remember, these barriers don't have to be physical barriers. I can use the barrier of my knowledge not to enter the trench. I can overcome this barrier by getting trained on how to build safe shoring. Shoring is a great example of a barrier that effectively protects us from harmful energy. I can also use a trench cage to ensure that if the walls of the trench do collapse that I'm safely inside the cage unharmed by the release of the potentially harmful energy.

3) Check the applicable legislation for details of the prescribed hazard controls

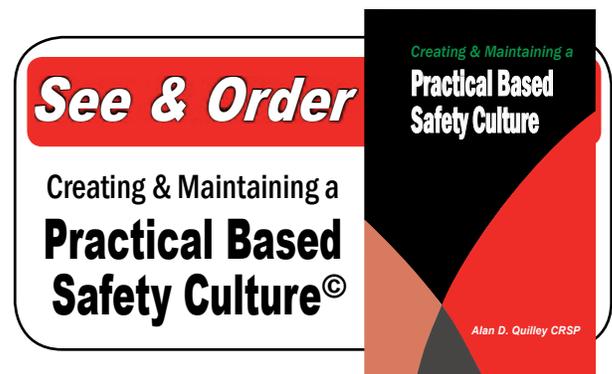
Once I've looked at either eliminating the harmful energies or finding the barriers I can put in place, I will probably have made it safe. To follow our trenching example, I could decide to shore the trench with lumber and screw-jacks. This could keep me safe from cave-in. I could guess the size of lumber I need and the number of screw-jacks, but I could guess wrong. My shoring design may keep the walls of the trench from moving in on me but may not meet the requirements of the local OH&S laws. This is where I need to go to the web to check the regulations or look it up in my OH&S regulation/code book.

4) Check your industry for best practices

I should also look for industry solutions to my safety challenges in my research. Why re-invent a trench cage when I can just go buy or rent one? What are others doing to make it both safe and legal? Industry associations focused on safety are great resources to find tried and true solutions to my safety challenges. Use them relentlessly.

5) Develop safe work process to use

Once I've decided on how I'm going to do the work, I need to develop a work process so that when I do this kind of work, my fellow workers



and I are protected by the process used.

6) Educate and train those who need to comply with the work process

We all need to know what is expected of us and we should be trained to do the work we're assigned. Learning how to shore using the company procedure is a barrier to me and my fellow workers from being injured or killed in a trench cave-in.

7) Observe that the work process is being followed

Now that we have a plan to enter trenches, we need to make sure that we always do it safely. Workplace inspections and observations tell us that we're doing it right. The old quality adage, "say what you do, do what you say and measure often" works really well in safety. Not only will you be ensuring you are following your own rules, but you will be meeting the legal requirements.

8) Celebrate or adjust the work process based on feedback

When our employees do something right we need to tell them that they've done a great job! If we need to adjust our processes, now is the time to make our improvements.

When you're beginning a construction project, you don't start by opening the local building code. Building codes are not designed to be a cookbook for you to follow. These are standards for you to comply with while you go about building the finest structure your talent and resources can buy. We should look at OH&S regulations in just that way. These documents are not written to be a work procedure. If you've ever tried to look in the building code to discover how to build a building I'd be very surprised. So why in the world would you look in the OH&S

regulations to find out how to do work? There is a time to start looking at the regulations, just like there's a time to ensure that the details in the building code are complied with. It's certainly not the first step.

There we have it, a simple process to make it safe, and to make it legal. Hopefully this will reduce any frustration you have around meeting the details of the regulations. Don't miss a step- your employees and your company's well-being is relying on it!

CSSE Edmonton Chapter CRSPEX Study Group Sessions

The next Edmonton CSSE Chapter 2018 Study Group Sessions has been scheduled for September 5 - October 13.

Registration for the study group opens two to three weeks prior to the start date. For additional information about the course, please contact Trevor Johnson at tjohnson@systemera.ca

On The Net

Bill 30 Changes to Alberta OH&S

[*Health & Safety eNews - April 2018 Special Edition*](#)

[*Alberta OHS Changes Webinar*](#)

Another Way 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.

Stay tuned for even more questions and study tips at:

[*Safety Results CRSP Exam 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*](#)

Compliments for our CRSP Exam Prep Workshops!

"Alan's passion for safety and his delivery style are bar none top drawer. His style of presenting the material brings the concepts into reality which makes the learning easier. This Workshop offers all the tools needed to succeed with the BCRSPEX. His outline, format and practice exams were what made the difference for me".

I strongly recommend Alan's Workshop to ensure success on the exam".

"I passed!!!! I'm so happy. Thank you very much for all of your help! I've already recommended the course to coworkers".

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

Congratulations again!

CRSP EXAMINATION PREPARATION WORKSHOPS 2018

Sherwood Park	July 13 - 15
Calgary	August 15 - 17
Sherwood Park	September 21 - 23
Sherwood Park	November 28 - November 30
Orlando (Kissimmee), Florida	December 18 - 20

Our intense 3 day CRSP Examination Preparation Workshop fee is \$999.00 + GST. (Special price on our Kissimmee, Florida Workshop of \$799.00!) Here's why we think we can help and why it's important to research fully when you are researching CRSP Examination Preparation Workshop providers and their instructors.

Our Workshop includes the following:

- Material updated to the current BCRSP Blueprint
- Our Manual and Workbook (\$600.00 value)
- Our CRSP Exam Prep Multiple Choice and Long Answer FlashCards (\$210.00 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 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.

What makes us different? No boring lectures here! Alan Quilley CRSP, our dynamic instructor engages participants, truly demonstrating that you can enjoy learning. Sifting through mountains of paper presented in an illogical manner isn't efficient, nor is sitting in a classroom answering hundreds of practice questions. How do we know? Because our students have told us.

Why not learn from an industry leader who actually works with companies, helping them create their Health and Safety programs? With decades of practical experience, highly experienced in Adult Education and the knowledge to help you focus your studies to make your examination writing positive and successful, why look elsewhere? Our business was created and has centered around educating adults in OH&S topics

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

Our course format is often imitated but never surpassed. Don't be fooled by cheaper imitations of our workshop 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. *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, 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!