

## January 2021

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### **Most Valuable Lessons Going Into 2021**

#### **Article by Alan D Quilley CRSP**

1. Don't touch the Spinny Thing.
  - Always avoid contact with harmful energy. The higher the energy, the more you need to stay away from it!
2. People do what they do because of what happens when they do it.
  - Consequences drive behaviour. Try to provide positive consequences for the behaviours you want to repeat.
3. One day a week, just sit and think
  - Thinking and planning for the future is a valuable exercise. Make tangible plans that can be executed.
4. Paper doesn't save people...people save people
  - Get out of your office and talk with people (even if it's only virtually these days). Creating and reading reports will have a smaller impact than actually exchanging ideas. Of course, use the technology to stay Covid safe!
5. Carry a quiver with lots of different tips
  - Develop a large variety of strategies to improve. One tip doesn't fit all. Hunting rabbits with a bear arrow is equally as silly as the converse.

6. Always consult before deciding
  - A great lesson from a wonderful book – Getting to Yes. Implementation is easier when stakeholders are part of the decision making process.
7. Don't take the Safety Monkey off of their backs and put it on yours
  - Don't adopt people's problems. They are their problems to solve...hopefully with help you can provide.
8. Every human exchange is a chance to build a relationship or ruin it
  - Safety Management, like every other kind of management, is built on relationships. Take the time to nurture relationships with others
9. Marry Someone who likes you!
  - Always, and I mean always marry someone who likes who you are and doesn't make you a project to fix!
10. Bonus – If you are on time...you're late!
  - The kindest respect you can show someone is that THEY are important enough to you for you to be on time for their time with you.

All the Best in 2021 – Let's make it the best year EVER!

## **Coming Soon! 2020 Blueprint CRSPEX Study Material!**

We are pleased to advise that we have completed the research portion for our 2020 CRSPEX Blueprint Study Material. (The image gives an idea of the amount of research that Safety Results performs whenever the BCRSP introduces a new Blueprint). We are now starting the work to create our new study material. As we have always believed in quality over quantity, we are planning on having our new material available for sale late February.



## **On The Net**

From OHS eNews:

[Emerging issues: COVID-19 exposure in workplace common areas](#)

From BCRSP:

[Developing an Examination Strategy](#)  
[OHS eNews Newsletter](#)

From Canadian Occupational Safety:

[OHS Canada:Ontario Leads the Way](#)

## **BCRSP-CPD Mandatory Ethics Course Courses now open for registrations! February 1 and March 1**

This course takes approximately 3.5 hours to complete.

Registrations for the February 1/21 course are open until February 5/21, and the course will conclude February 12/21. Coursework and assignments must be completed/submitted by February 12/21.

This comprehensive and thought-provoking course, designed specifically for, and approved by the BCRSP by Alan Quilley, (who has been a CRSP for 35+ years), is ensured to enlighten and challenge a CRSP's thinking of ethics in their professional practice.

As required by the BCRSP, the course also includes detailed discussion of:

- BCRSP Code of Ethics and Professional Conduct
- Rules of Procedure of the Discipline Committee of the Board of Canadian Registered Safety Professionals

For more information on the course, please email [Lambton College](#)

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

## **Online CRST Examination Preparation Course starts January 4/21**

### **Registration to January 8/21 4PM CDT**

Safety Results Ltd, in conjunction with Lambton College based in Sarnia, Ontario, brings you THE best online CRST Examination Preparation Workshop!

**The next course starts January 4/21 and ends on January 29/21 Registrations for this course will be accepted by Lambton College until 4:00PM CDT, January 8/21.**

Alan D. Quilley CRSP, the creator of this course, established Safety Results Ltd 20+ years ago and has received numerous accolades due quality and value of our Workshops, study material and his teaching style.

We are delighted to be working alongside Lambton College to bring this exceptional online course to you.

To review and register in this online course, please click [here](#). (Registrations are handled exclusively by Lambton College)

The aim of this course is to assist in performing your own knowledge gap analysis and then create a study plan which will enable you to focus on the competencies that you need to master before the exam.

Exclusive to Lambton College students confirmed in this course, the study material that the course was built upon is available at a special student discounted rate of \$375.00 CAD plus applicable taxes\*. Shipping (within Canada only) is included



## **Sale! 2015 Blueprint CRSP Exam Prep study material**

The last writing window based on the **2015** BCRSP CRSPEX Blueprint is taking place January 25 - February 5, 2021. We are pleased to announce that our remaining stock of study material towards this Blueprint is on sale! We still have limited quantities of Manuals, Workbooks and Series 1 Flashcards available for sale.

CRSP Exam Prep Manual

Was \$369.00 Now \$199.00

CRSP Exam Prep Workbook Practice Q&A

Was \$209.00 Now \$99.00

Series 1 Multiple Choice Practice Q&A

Were \$99.00 Now \$49.00

(Series 2 is sold out)

(Shipping and taxes are additional)

Click [here](#) to purchase!

## **CSSE and WOHSS Member Discounts!**

We are delighted to offer discounts on our CRSP and CRST Coaching Packages as well as study material to current members in good standing of either the CSSE or WOHSS! (Proof must be provided). Please contact [Marie](#) for details. (Please note that these discounts do not apply to the CRST or Ethics courses nor study material that is offered in conjunction with Lambton College).

# CRSP AND CRST VIRTUAL COACHING EXAMINATION PREPARATION COURSES

Due COVID-19, we unfortunately are still not holding in person classes. We ALL have a responsibility to protect the health and safety of our fellow human beings and we aren't about to put our students, ourselves, colleagues and loved ones at risk.

As it has always been Alan's commitment to help candidates with their studies for both the [CRSPEX](#) and the [CRSTEX](#), we are pleased to announce that we have introduced *Virtual Coaching Packages*. These packages are currently available to those that are writing the 2019 Blueprint CRSTEX taking place March and August 2021. We are currently working on our new study material for the 2020 Blueprint CRSPEX and will offer those coaching packages as soon as the material is complete.

We will provide all of the material (shipped at our cost within Canada only) that you would have received in one of our Workshops. We are also delighted to offer generous discounts to current members in good standing of the CSSE and WOHSS (not combinable). For more information on those discounts, please contact [Marie](#).

This virtual package includes 6 hours of personal instruction by Alan D Quilley CRSP. The hours are broken down however you wish; the first session will take 2 hours. There will be homework assignments between the calls. Calls are individualized and held via phone or Zoom Video Conference, your choice.

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

## Who is your Coach?

Alan Quilley CRSP is our engaging, dynamic instructor and he will teach you how to study, truly demonstrating that you can enjoy learning. He's a respected industry leader in OH&S and has the credentials to prove it. A working CRSP who not only consults, but also trains within North America and internationally. Actively working with companies, helping them create their Health and Safety programs, as well as being regularly invited to present health and safety topics all over the world, Alan doesn't just teach it, he lives it.

With his decades of practice experience in various OH&S industries coupled with his qualifications in adult education (he developed, designed and instructed OH&S programs at the U of A, U of C, NAIT and now Lambton College, as well as showing you the techniques to help you focus your studies, why look elsewhere? When selecting your mentor, take the time to really research who other providers are and what they've done. We believe that they simply won't measure up to our instructor in terms of quality, experience and teaching style. And, we are confident you will find our process better than the rest.

*"There are no hard questions if you know the answers". - Alan D Quilley CRSP*

## CRSP Virtual Coaching Package

- We will introduce coaching Packages for the new 2020 BCRSP Blueprint once our material is complete.
- Taking the time to ensure that our material fits all the categories/competencies is of upmost importance to us. We always provide quality over quantity.

## CRST Virtual Coaching Package

Inclusions:

- Study material (material shipped at our cost within Canada only) based on the 2019 CRST Examination Blueprint
- 6 hours personal instruction with Alan
- CRST Exam Prep Manual
- CRST Exam Prep Practice Questions and Answers Examination Workbook
- Handbook (offered only to those taking part in this Virtual Coaching Package)
- \$849.00 + tax