Study Tools & Testing Techniques for Certification Exams

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ASSE 2013 Session 720

www.safetyconsultants.org
SPAN international
www.SpanSafetyWorkshops.com
Overview

Professional credentialing, ongoing professional development, and networking are critical tools. This presentation will provide an overview comparison of various recognized professional certification requirements and the benefits of membership organizations related to the fields of Environmental Health Safety and Security. Credentials such as the CHMM, CET, ASP, CSP, CIH, CHST, OHST, STS will be discussed along with exam study tools, techniques and methods.
Goal

• The goal is for participants to be able to identify accredited professional certifications and recognized membership organizations and then incorporate these resources into planning a career path.
Presentation Outline

• Self Survey: Ask yourself, professionally, who am I?
• Professionalism: Significance of Certification
• Accredited Credentials: Go with the best.
• The Certification Process…and cost
• Study Tools, Techniques and Methods
Self-Survey Questions:

1. Are you committed to being a life-long Learner?
2. What are your means for professional development?
3. What is your networking strategy?
4. Who are your mentors and what are their character traits?
5. How are you mentoring/contributing to the succession of the profession?
6. Why should you get certified?
7. What is your study plan?
8. Are you a Leader?
9. What is your Career Plan/Path?
The Mark of Professionalism

The need for qualified EHS Professionals has never been greater. As concern about workplace and community environmental, health and safety has grown, so has the demand for professionals to evaluate working conditions and community exposure. The work of EHS professionals increases in importance as the legal ramifications surrounding employee and public health continue to expand.
Significance of Certification

- Certification and certification maintenance advance the EHS profession.
- Certifications identify EHS professionals and distinguish them from others involved in EHS activities.
- Many employers see the Certification designation as important selection and promotion criteria.
- By participating in and supporting the Certification designations, qualified persons are helping to identify and maintain the professional stature of EHS.
Significance of Certification

Reasons cited for pursuing certification include
• Broadening the practitioners’ knowledge base
• Contracts requiring a specific certification
• Increasing both confidence and credibility
• Career advancement/higher pay
• Public/governmental recognition
• Peer recognition
• Securing employment
• Professional Enlightenment
• Professional Development
Alphabet Soup

CSP

The American Society of Safety Engineers

OHST/CLCS

cet Certified Environmental, Safety and Health Trainer

GSP

AHMP

Alliance of Hazardous Materials Professionals™

Global leadership for a sustainable future™

AIHA

Protecting Worker Health

BCSP

ABIH

American National Standards Institute

CIE

ASTM

Certified Environmental, Safety and Health Trainer

CHMM

CHMP

ANSI

American National Standards Institute

OHST

CLCS

STS

CIH

American board of industrial hygiene
Alphabet Soup—Examples of certificate programs
Not Accredited = Not a valid Designation
Certificate vs. Certification
Exam vs. Participation

- (CSS) Certified in Something Stuff
- Quality Certificate Programs
  - ASSE Certificate in Safety Management
  - NSC Advanced Safety Certified
  - AHMP Essentials of Hazardous Materials Management
- Association PDCs
- Vendors of LMS
Predominant Alphabet Soup

Accredited

• Safety Trained Supervisor (STS)
• Occupational Health & Safety Technologist (OHST)
• Construction Safety & Health Technician (CHST)
• Graduate Safety Professional (GSP)
• Associated Safety Professional (ASP)
• Certified Safety Professional (CSP)
• Certified Industrial Hygienist (CIH)
• Certified Hazardous Materials Practitioner (CHMP)
• Certified Hazardous Materials Manager (CHMM)
• Certified Environmental Trainer (CET)
• Certified Health Physicist (CHP)
• Certified Professional Environmental Auditor (CPEA)
Accreditation

- Council of Engineering and Scientific Specialty Boards (CESB)
- National Commission for Certifying Agencies (NCCA)
- Accreditation Board of Engineering Technology (ABET)
- Applied Science Accreditation Commission (ASAC)
Top Credentials

- CIH = ABIH
- CSP = BCSP
- CET = BCSP
- CHST = BCSP
- OHST = BCSP
- STS = BCSP
- CHMM = IHMM
- CHMP = IHMM
Credentialing/Membership Org Relationship

• Board of Certified Safety Professionals (BCSP)
  – American Society of Safety Engineers (ASSE)
• American Board of Industrial Hygiene (ABIH)
  – American Industrial Hygiene Association (AIHA)
• Institute of Hazardous Materials Managers (IHMM)
  – Alliance of Hazardous Materials Professionals (AHMP)
ASP/CSP CET OHST CHST STS
The best part is being surrounded by others who have dedicated their careers to safety... YOU are the most important person you should invest in!

Amanda Crosby, CSP
Director of Insurance, Claims and Risk, IHG

SAFETY 2013
* 240+ SESSIONS
* 50+ PRE & POST-CONFERENCE SEMINARS
* MORE VALUE FOR YOU!

2013 Society Election Results
The results are in! Please join us in congratulating our future Society leaders. Voting in the 2013 election ended on March 31, 2013 followed by Tellers Committee review and verification.

NAOSH 2013
Announcing the Inaugural Triangle Award
The American Society of Safety Engineers and OSHA are pleased to announce the first-ever presentation of the “ASSE Triangle Award” at the 2013 NAOSH Week kick-off event, Monday, May 6th at the US Department of Labor in Washington D.C.

Given in honor of the 146 victims of the 1911 Triangle Shirtwaist Factory Fire in New York City, the “Triangle Award” will honor an occupational safety, health and environmental professional for their outstanding heroism and dedication to their fellow employees and to the SH&E profession.
ASSE Membership Value & Benefits

Over 32,000 members are part of the Society’s global network of safety, health and environmental professionals. We provide tremendous value and a vast array of benefits to meet your needs.

The Value of ASSE Membership

ASSE members and prospective members often ask, “What’s in it for me? What do I get through my ASSE membership?” It’s only natural to wonder about the value delivered by your investment in this organization. Let’s take a few minutes to examine the tremendous value each member can receive in terms of education, information, networking and career support. Click here to read more.

Professional Safety Journal

The top-ranked benefit, ASSE’s monthly journal keeps you on top of the latest trends, industry standards and regulations.

Networking

ASSE membership offers you the opportunity to form beneficial contacts with over 32,000 SH&E professionals across the country and throughout the world face-to-face at events and through our online services. Chapters and Society Sections provide you a local opportunity to build relationships, leadership opportunities, and exchange ideas and concerns with peers in your area. The online searchable membership directory is at your fingertips.

Professional Development

Enjoy exclusive membership discounts of the best professional development in the SH&E profession. Expand your education and maintain CEUs through participation at annual events such as the Professional Development Conference & Exposition, SeminarFest and Safety Symposium or participate in certification preparation workshops, monthly webinars and certificate programs.

Practice Specialties

Network with professionals in your specific area of expertise, share common experiences and problem solving tactics with 16 specialties to choose from. Using the latest digital publishing technology, ASSE now provides its practice specialty newsletters in a new interactive, full-color format.
Research PSJ articles
AHMP (ACHMM)
The Mark of Professionalism
The need for qualified industrial hygienists has never been greater. As concern about workplace and community health and safety has grown, so has the demand for professionals to evaluate working conditions and community exposure. The work of industrial hygienists increases in importance as the legal ramifications surrounding employee and public health continue to expand.

General Information
Diplomates/Certificants
Become Certified
Documents
Search
Online Payments

Since 1966, ABIH, a not-for-profit corporation, has been the world's largest, premier organization for certifying professionals in the practice of industrial hygiene. ABIH is responsible for ensuring high-quality certification application and examination processes, certification maintenance and ethics governance and enforcement.

ABIH is an IICHA recognized Certification Board and accredited by ANSI and CESS.
Pre-Conference PDCs Filling Up Fast

AIHce 2013’s pre-conference professional development courses (PDCs) are filling up fast. Over 20 percent of the courses have already sold out, and many more are quickly approaching maximum capacity. There are several one- and two-day sessions still available. View the entire course lineup on the AIHce 2013 website.

Education Spotlight

Virtual Posters for Points
AIHASCHC SDS & Label Authoring Registry Preparation
AIHce 2013: Montreal, Canada
Sept. 23–27: Comprehensive Industrial Hygiene Review
Nov. 18–20: Exposure and Chemical Monitoring: Beyond IH Fundamentals
Generic Certification Process

1. Research applicable credentials
2. Ensure eligibility
3. Read the Exam Blueprint
4. Complete application process/fees
5. Preliminary Study /research resources
6. Develop a study plan & commit to it
7. Pay exam fees/Schedule exams
8. Study, study, study
9. Study, study, study
10. Pass the exam
OK, what’s this gonna cost me?

• Credentials cost’s range:
  – $75-150 application fee
  – $150-$450 testing fee
  – $75-$150 annual fee

• Membership/Associating costs:
  – $85-$180+ annually
The Study Plan

• Depends on your background/capabilities
  – Skills, knowledge, abilities (SKA)
  – Academic, life/work experience
  – Test taking abilities
  – Motivation
  – Resources ($)
  – Time availability
    • Work/life cycle
  – Individual learning styles/preferences
    • Audio, Visual, Kinesthetic
  – Self directed, instructor facilitated (workshop timing? Initial or capstone?)
How to Study

• Cold Turkey – the null hypothesis
• Emersion- Workshop/isolation
• Cram – hours/days before test workbooks/software
• Avoid distractions
• Commit: Set goals- stick to the schedule
• Routine scheduled sessions/drills workbooks, software, flashcards
• Practice as you play (MMA)-Be an Exam Athlete/Ninja
• Bottom Line: STUDY!!!!!!
Self-Study Resources

• Workbooks
• Software
• Workshops
• Webinars
• Online Quizzes
• Reference Books
• Self-Assessment Exams
• Study Groups
Workbooks & Study Guides

- Specific to current Exam Blueprint
- Question/Answer format with detailed explanations
- Updated

3. A company is considering purchasing a new piece of equipment to replace an older model that is now in use. The safety-related losses with the current equipment is $25,000 per year and the cost associate with the purchase of the new equipment is $100,000. The maintenance on the new equipment will cost about $500 more than the old equipment. Consider cost of capital is 5% and a 10 year service life with no salvage value, what is the best estimate of the annual benefit of purchasing the new equipment?

   1.) $10,550
   2.) $11,550
   3.) $12,950
   4.) $24,500

\[
i = .05 \quad n = 10 \quad P = 100,000 \quad A = ?
\]
\[
A = P \cdot \frac{\frac{i(1+i)^n}{(1+i)^n-1}}
\]
\[
A = 100,000 \cdot \frac{.05 \cdot (1+.05)^{10}}{1.05^{10} - 1} = $12,950
\]
\[
$24,500 - $12,950 = $11,550
\]

The cost benefit will be the total annual savings. To calculate the yearly savings, subtract the new maintenance cost from the safety-related losses to get the annual savings ($25,000 - 500 = 24,500) and then calculate the annual cost of the equipment. Finally subtract the yearly savings from the annual cost to yield the answer.
Software

• Simulates the exam environment

• Multi Mode:
  – Learning,
  – Flashcard,
  – Practice Exam

• Special user features
  – Feedback option (Q&A)
  – Technical support
Reference Books

- NSC-Accident Prevention Manual Series
  - Environmental Management
  - Engineering and Technology
  - Administration & Programs
  - Fundamentals of IH
Additional Text Books

The New Mager Six-Pack
- Analyzing Performance Problems
- Preparing Instructional Objectives
- Measuring Instructional Results
- How to Turn Learners On... without turning them off
- Goal Analysis
- Making Instruction Work

Authors: Fred Manuel Scott Geller Tom Krause Malcolm Knowles
Exam Day Preparation

• Verify exam location – Recon
  – Parking
  – Verify they have you scheduled
  – Confirm calculator
  – Familiar with surroundings
  – Ensure you have proper ID, paperwork
  – Get plenty of sleep
  – Exercise
  – Diet
Exam Day-Testing Techniques

• Test early
• Comfortable clothing
• First come first served
• Pick your seat
• Manage your time
• Multiple passes
• Do the easy first
• Micro ergo stretch breaks
• Bio Breaks – (clock is ticking)
Compressed air used for cleaning/dusting should be reduced to ________ or less.

1.) 15 psi
2.) 20 psi
3.) 30 psi
4.) 40 psi
Emerging Study Technology/Techniques

- Learning Management Systems (LMS)
- E-Learning Software
- Online Programs
- Self Paced/Self Directed
- Kindle readers/E-Books
- Smart Phone Apps
Bottom line:

Tooled up with the requisite experience and the right study plan, passing an EHS exam is so easy a Caveman can do it!!!
Daniel J. Snyder, CSP, CET, CHMM, OHST, CHST, STS

Mr. Snyder served as an Army Military Intelligence operative and holds a B.A. in Science and Biology and a M.Ed. in Adult Education and Human Resource Development. Leading a team as part of the National Response Framework implementing disaster site worker all hazards training in the field, he is an accomplished Safety Liaison during disaster response and recovery operations. Mr. Snyder is a Past-President of the Arkansas Chapter of ASSE, Past-President of the Greater Ozarks AHMP Chapter, and former Director for the National Safety Council’s Ozark chapter and Past-President of the Board of Directors for the Alliance of Hazardous Materials Professionals. With over 20 years of global consulting experience and owner of Performance Based Safety, LLC, Daniel partners with clients to develop strategies for improving safety and health management systems, conduct workplace evaluations, facilitate research to improve safety performance, and design customized educational curriculum. As owner of SPAN International Training, LLC, and a recognized environmental, safety and health professional, he demonstrates expertise in the technical subject matter of certification exam blueprints and is a recognized psychometrician, curriculum designer, and facilitator of applied adult learning principles. Mr. Snyder is dedicated to advancing environmental, safety and health professional development by offering world class certification exam preparation products that enable professionals to meet the challenge of illustrating competency through education, experience, and examination.

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