



12-Week CSP Study Plan

A week-by-week plan weighted to BCSP's CSP11 blueprint: 7 domains, 200 questions, 5.5 hours.

HSE HUB by NeuraSafe
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HOW TO USE THIS PLAN

Start with the baseline mock in week 1 so you know where you stand, then follow the weeks in order. Study time follows the CSP11 domain weights: Domains 1 and 2 are half of the exam, so they get about five of the twelve weeks. Plan about 10 hours a week (120 in total) and move hours toward any domain that scores under 70% on a mock. Log every missed question with the reason you missed it (knowledge gap, misread, calculation, or guess) and work through that log with the daily routine below. Check the current blueprint, fees and exam rules on bcsp.org before you book, because BCSP can change them without notice.

THE 12 WEEKS (120 HOURS)

WK	FOCUS	HOURS	PRACTICE
1	Baseline mock, then Domain 1: Prevention through Design, process safety, management of change	8	Baseline mock (200 questions, timed); review every miss and start your log
2	Domain 1: electrical, falls, confined spaces, lockout/tagout, excavation, life safety and occupant loads	10	150 Domain 1 questions in sets of 25
3	Domain 1: fleet safety, materials handling, cranes and rigging, tools and machines	10	150 Domain 1 questions + a 50-question Domain 1 review set
4	Domain 2: benchmarking, EHS culture, incident investigation, MOC, FTA and FMEA	10	150 Domain 2 questions
5	Domain 2: indicators, ISO 45001/14001/19011 and ANSI Z10, records, budgeting and ROI, leadership, statistics	10	150 Domain 2 questions + rates and statistics formula drill
6	Full mock 1, then review Domains 1 and 2 by weakest topic	12	Full mock (200 questions, timed) + 100 questions on weak topics
7	Domain 3: risk process, JHA and PHA, hierarchy of controls, financial risk strategies, risk ranking	10	120 Domain 3 questions + 50 mixed Domains 1 to 3
8	Domain 6: exposure assessment, noise, ventilation, toxicology, radiation, ergonomics, chemistry and physics	10	100 Domain 6 questions + noise, exposure and ventilation formula drill
9	Domain 4 (emergency plans, incident command, fire, hazmat transport, workplace violence) and Domain 5 (pollution prevention, GHS, waste, sustainability)	10	80 Domain 4 + 60 Domain 5 questions
10	Domain 7: needs assessment, program design, effectiveness, methods, adult learning; then full mock 2	12	80 Domain 7 questions + full mock 2 (200 questions, timed)
11	Your two weakest domains from mock 2, the missed-question log and every formula area	10	200 questions on weak domains + daily formula sets
12	Full mock 3 at least four days before the exam, light review, exam logistics	8	Full mock 3 (200 questions, timed), then missed questions only

DAILY ROUTINE (75 TO 90 MINUTES ON WEEKDAYS)

- 10 min: redo missed questions that are due today. Space each one out: 1 day, 3 days, 7 days, then 14 days after you first missed it. Retire it after two correct answers in a row.
- 30 to 40 min: study the week's topic from your references, then write a five-line summary from memory.
- 20 to 25 min: one timed set of 15 to 25 questions at about 1.5 minutes each (5.5 hours for 200 questions is about 99 seconds a question).
- 10 min: read every explanation, including the ones you got right, and add misses to your log with a reason.
- Weekend: one longer block with a 50-question mixed set across all domains studied so far, plus a formula drill.

CSP11 BLUEPRINT AT A GLANCE

- Domain 1 Advanced Application of Safety Principles: 25% (about 50 of 200 questions)
- Domain 2 Program Management: 25% (about 50)
- Domain 3 Risk Management: 15% (about 30)
- Domain 4 Emergency Management: 9% (about 18)
- Domain 5 Environmental Management: 6% (about 12)
- Domain 6 Occupational Health and Applied Science: 10% (about 20)
- Domain 7 Training: 10% (about 20)

HIGH-YIELD TOPICS: DOMAIN 1 ADVANCED APPLICATION OF SAFETY PRINCIPLES (25%)

- Prevention through Design: avoidance, elimination, substitution, design criteria for facilities, machines and work practices
- Process safety: pressure relief, chemical compatibility, management of change, materials of construction, process flow diagrams
- Common hazards: electrical, falls, confined spaces, lockout/tagout, work near water, caught in, struck by, excavation
- Facility life safety: public space safety, floor loading, occupant loads
- Fleet safety: driver and vehicle safety, maintenance, telematics and GPS, hybrid vehicles, fuel systems, impairment, fatigue
- Materials handling: forklifts and other powered industrial trucks, aerial lifts, cranes, hoists, rigging, manual handling, drones
- Tools and machines: hand and power tools, ladders, grinders, hydraulics, robotics

DOMAIN 2 PROGRAM MANAGEMENT (25%)

- Benchmarking and gap analysis; turning performance standards into an action plan
- Measuring and improving EHS culture; leading and lagging indicators
- Incident investigation, root cause techniques and corrective actions; management of change before, during and after
- System safety analysis: fault tree analysis, FMEA, the Safety Case approach, risk summation
- Management and audit systems: ISO 14000 series, ISO 45001, ISO 19011, ANSI Z10
- Required parts of plans, systems and policies; document retention (training, exposure, maintenance and audit records, privacy, trade secrets)
- Budgeting, ROI, cost/benefit analysis, procurement; leadership and management theories, motivation, accountability; RACI charts and project timelines
- Data analysis: mean, median, mode, confidence intervals, probability, Pareto analysis, exposure and sampling data

DOMAIN 3 RISK MANAGEMENT (15%)

- The risk process: identify, analyze, evaluate, monitor and communicate risk
- Tools: risk analysis, job hazard analysis, process hazard analysis, the hierarchy of controls
- Financial risk strategies: avoidance, retention, sharing, transfer, loss prevention and loss reduction
- Identifying, ranking and monitoring risks across emergencies, fire, occupational health and environmental compliance

DOMAIN 4 EMERGENCY MANAGEMENT (9%)

- Emergency response plans: fire, severe weather, natural disasters, nuclear incidents, terrorism, chemical spills, utilities, cyber security
- Disaster response and recovery: incident command, business continuity, contingency plans
- Fire prevention, protection and suppression systems
- Safe transportation and security of hazardous materials; workplace violence prevention programs

DOMAIN 5 ENVIRONMENTAL MANAGEMENT (6%)

- Pollution prevention and environmental protection: spill containment, abatement, best practices
- Hazardous materials: GHS classification, storage and handling, security, hazardous waste storage and disposal
- Waste management: universal waste, recycling, spill cleanup, labeling, remediation
- Sustainability and supply chain; aging infrastructure, asbestos, air pollution, climate change, ESG

DOMAIN 6 OCCUPATIONAL HEALTH AND APPLIED SCIENCE (10%)

- Exposure assessment and control: chemicals and SDS, noise, radiation, lasers, biological hazards, heat and cold stress, indoor air quality, ventilation, silica, combustible dust, nanoparticles, hot work
- Public health basics: epidemiology, infectious disease, risk factors, statistics
- Toxicology: LD50 and LC50, carcinogens, mutagens, teratogens, ototoxins, exposure symptoms, sampling equipment
- Ergonomics and human factors: lifting, body mechanics, vibration, anthropometrics, visual acuity, fatigue
- Chemistry for containment volumes and storage; physics: energy, weights, forces, stresses

DOMAIN 7 TRAINING (10%)

- Needs assessment for training, competencies and qualifications
- Designing programs and materials for different learning styles; running them on a continuous improvement model
- Measuring effectiveness: surveys, on-the-job compliance, feedback, assessments, demonstrations, quizzes
- Methods: classroom, online, simulation, computer-based, AI, coaching, on-the-job training; adult learning principles (visual, auditory, reading and writing, kinesthetic)

FORMULA AREAS TO DRILL

- BCSP no longer supplies a formula sheet. The formula is given inside the question unless the question tests the formula itself, so you still need to know how to use and rearrange it. Verify the current policy on [bcsp.org](https://www.bcsponline.org).
- Incident rates: TRIR, DART, severity rate, EMR
- Statistics and probability: mean, median, mode, standard deviation, confidence intervals, series and parallel reliability, fault tree AND/OR gates
- Money: ROI, payback period, cost/benefit, present and future value
- Noise: dose, TWA, adding decibels, distance from a source, hearing protector derating
- Chemical exposure: TWA, mixtures, ppm to mg/m³, LEL of a gas mixture
- Ventilation: $Q = VA$, air changes per hour, velocity pressure, dilution ventilation
- Physics and rigging: force, work, energy, pressure, inverse square law, radioactive decay, sling leg tension, fall clearance; heat stress (WBGT); the NIOSH lifting equation; containment volumes
- Most of these (rates, noise, exposure, ventilation, heat, rigging, lifting, reliability, payback and present value) are on HSE HUB's free formula sheet: hsehub.org/downloads/hse-formula-sheet.pdf. Practice on a TI-30XS MultiView, the calculator the on-screen version emulates.

- Confirm your Pearson VUE appointment, test center address and start time. You have one year from BCSP's approval to schedule and pass, so check your deadline too.
- ID: government issued, unexpired, with your photo and signature. The name must match your BCSP record exactly or you cannot test.
- Arrive early. Check-in includes a photo, a digital signature, a palm vein scan and security screening, which may include wandering.
- Phones, smart glasses, earbuds, notes and your own calculator are not allowed; store them in the locker. No food or drink in the testing room.
- You get an on-screen calculator that emulates the TI-30XS and a whiteboard with a marker. No formula sheet is provided or allowed.
- Breaks are self-scheduled and the exam clock keeps running. You cannot leave the building or reach your belongings during the exam.
- Pace checkpoints for 200 questions in 5.5 hours: question 50 by about 1 h 20 min, 100 by 2 h 45 min, 150 by 4 h 05 min. Flag hard questions, answer every question, and come back if time allows.
- Some questions are unscored pilot items you cannot identify, so treat every question as if it counts.
- Exam content is confidential: you agree not to share it. If you need a retake, BCSP requires a wait of at least six weeks.
- Night before: no new topics. Review your missed-question log and the formula sheet, then sleep.

MOCK	DATE	D1	D2	D3	D4	D5	D6	D7	TOTAL
Baseline (wk 1)									
Mock 1 (wk 6)									
Mock 2 (wk 10)									
Mock 3 (wk 12)									

MISSED-QUESTION LOG

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HSE HUB is an unofficial study tool and is not affiliated with BCSP. ASP and CSP are BCSP trademarks. Use HSE HUB at hsehub.org for domain-by-domain CSP practice, a missed-question review and a full-length mock exam that follows the CSP11 domain weights.