



ISO 45001: Occupational Health &
Safety Management System Training
Course



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Introduction

This ISO 45001: Occupational Health & Safety Management System training course provides an understanding of the ISO 45001 standard and its role in building safer, more resilient organizations. It explains how structured OH&S frameworks reduce workplace incidents and strengthen regulatory compliance. Participants will explore how modern safety management systems proactively identify and control risks. The program highlights the integration of leadership, operational planning, and continuous improvement within safety systems. It presents the relationship between the requirements of ISO 45001 and real-world workplace safety performance. It equips learners with the theoretical foundation needed to support effective occupational health and safety governance.

Targeted Groups

This ISO 45001: Occupational Health & Safety Management System training targets professionals seeking knowledge and skills:

- HSE managers and officers.
- Quality and compliance professionals.
- Operations and facility supervisors.
- Risk and safety consultants.
- Auditors and ISO implementers.
- HR and training coordinators.
- Engineers in industrial environments.
- Supervisors in manufacturing sectors.
- Project managers handling safety systems.
- Consultants in occupational risk management.
- Compliance officers globally.

Course Objectives

Participants will achieve the following objectives by completing the ISO 45001: Occupational Health & Safety Management System course:

- Explain the principles and structure of ISO 45001 and OHSMS requirements.
- Identify occupational health and safety hazards within organizational contexts.
- Apply risk assessment techniques to control and prevent hazards effectively.
- Interpret the Annex SL framework and the PDCA cycle in management systems.
- Develop OH&S policies aligned with compliance and regulatory requirements.
- Evaluate operational controls for workplace safety and performance improvement.
- Conduct internal audits and performance evaluations of the OHSMS.
- Implement continual improvement strategies and corrective action systems.
- Enhance leadership engagement and worker participation in safety systems.
- Strengthen compliance evaluation and reporting for ISO 45001 certification readiness.
- Analyze incident data to support proactive occupational safety decision-making.

Targeted Competencies

Participants will gain the following competencies during the ISO 45001: Occupational Health & Safety Management System program:

- Identify workplace hazards and evaluate associated risks systematically.
- Design and implement OH&S management system frameworks effectively.
- Apply monitoring tools to track safety performance and compliance.
- Manage documentation and communication processes in safety systems.
- Support audit activities and evaluate organizational compliance levels.
- Conduct root cause analysis for incidents and nonconformities.
- Facilitate continual improvement and the implementation of corrective actions.
- Ensure emergency preparedness and response planning in organizations.
- Strengthen leadership-driven safety culture across operational environments.
- Evaluate contractor safety performance within controlled workplaces.

Studying Scenarios

In this ISO 45001: Occupational Health & Safety Management System training, participants develop skills through the following scenarios:

- Workplace hazard identification and risk assessment exercises in industrial settings.
- Development of OH&S policies aligned with ISO 45001 requirements.
- Internal audit simulations for evaluating occupational health and safety systems.
- Incident investigation and corrective action planning using root cause analysis.

Course Content

Unit 1: Introduction to ISO 45001 and OH&S Management Systems

- Overview of ISO 45001.
- Benefits of Occupational Health & Safety Management Systems.
- Structure of ISO Management System Standards.
- Annex SL Framework.
- OH&S Principles and Objectives.
- PDCA Plan-Do-Check-Act Methodology.

Unit 2: Organizational Context, Leadership, and Planning

- Understanding Organizational Context.
- Interested Parties and Their Requirements.
- Leadership and Worker Participation.
- OH&S Policy Development.
- Hazard Identification.
- Risk and Opportunity Assessment.

Unit 3: Support and Operational Control

- Competence, Awareness, and Training.
- Internal and External Communication.
- Documented Information Management.
- Operational Planning and Control.
- Contractor and Supplier Management.
- Emergency Preparedness and Response.

Unit 4: Performance Evaluation

- Monitoring and Measurement.
- Compliance Evaluation.
- Internal Auditing Principles.
- Audit Planning and Execution.
- Management Review Process.
- Performance Indicators and Reporting.

Unit 5: Improvement and Continual Enhancement

- Incident Investigation.
- Nonconformities and Corrective Actions.
- Root Cause Analysis.
- Continual Improvement Framework.
- Best Practices for ISO 45001 Implementation.

Final Insights & Key Takeaways

ISO 45001 Occupational Health & Safety Management System provides a structured foundation for controlling workplace risks and improving safety performance. Effective implementation ensures sustainable compliance, stronger leadership engagement, and continuous operational improvement across all organizational levels.