

ISO -45001

Lead Implementer



Based on the British standard OHSAS 18001 and other international guidelines on occupational health and safety, ISO 45001 Occupational health and safety management systems — Requirements with guidance for use specifies the requirements for an OH&S MS. By establishing an effective OH&S MS based on this standard, organizations provide safer and healthier work environments.

ISO 45001

applies to organizations of all sizes and industries that seek to prevent work-related injuries, diseases, and deaths and promotes the establishment of safe working environments and the continual improvement of occupational health and safety performance.

ISO 45001 shares the High-Level Structure (HLS) similar to other ISO management system standards like ISO 9001 for quality management and ISO 14001 for environmental management allowing organizations to easily integrate two or more management systems. Since its publication in 2018, ISO 45001 replaced the British standard OHSAS 18001.



Course Overview

A top-down view of a meeting table with people, laptops, documents, and coffee cups. The image is partially obscured by a semi-transparent red overlay on the left side where the text is located.

ISO 45001 Foundation and implementer training course outlines the basics of occupational health and safety and provides a comprehensive overview of ISO 45001 requirements for an occupational health and safety management system (OH&S MS).

By participating in this training course, you will have the opportunity to understand the different aspects of an OH&S MS based on ISO 45001, including the commitment from top management of an organization, worker participation, OH&S policy, operational planning and controls, emergency preparedness and response, performance evaluation, and continual improvement.

This training course aims to provide an in-depth understanding of ISO 45001 requirements, as well as the best practices and approaches used for the implementation and subsequent maintenance of an OH&S MS. The ultimate ambition of this training course is to enable you to create the conditions for a safer workplace.



The main requirements for participating in this training course are a basic knowledge of ISO management system standards, a general understanding of **ISO 45001**, and the MS implementation principles.

Training Techniques



Interaction between participants using questions and suggestions



Lecture sessions illustrated with practical examples based on a case study that includes role-playing and discussions



Illustrative examples throughout the days of the training course



Practice tests are similar to the Certification Exam.



Theories, approaches, and best practices used in OH&S MS implementation



Course Objectives

By the end of the interacting training the trainee will be able to cover the following:

Understand the basic occupational health and safety concepts, definitions, and approaches.

Get acquainted with the ISO 45001 requirements for an occupational health and safety management system.

Develop a general understanding of how ISO 45001 requirements could be applied in an organization.

Gain a comprehensive understanding of the concepts, approaches, methods, and techniques used for the implementation and effective management of an OH&S MS.

Acknowledge the correlation between ISO 45001 and other standards and regulatory frameworks.

Gain the ability to interpret the requirements of ISO 45001 in the specific context of an organization.

Develop the necessary knowledge and expertise to support an organization in effectively planning, implementing, managing, monitoring, and maintaining OH&S MS.

Acquire the expertise to advise an organization in implementing OH&S MS best practices.

ISO 45001:2018
principles and
Requirements.

Standard sulatory frameworks.

Occupational health and safety
management system.

Auditing SMS&OH policy
and procedures.

**Course
Competencies**

- Occupational health and safety concepts.
- standards and regulatory frameworks.
- ISO 45001:2018 overview and requirements.
- Fundamental concepts and principles of OH&S.
- Occupational health and safety management system

01 Introduction to OH&S MS and ISO 45001

- OH&S MS scope.
- OH&S policy and objectives.
- Leadership and worker participation.
- Hazard identification and assessment of risks and opportunities.

02 Implementation plan of an OH&S MS

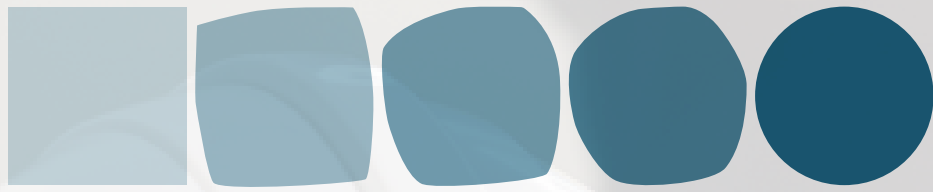
Course Modules

- Resource management.
- Operations management.
- Awareness and communication.
- Documented information management.
- Emergency preparedness and response

03 Implementation of an OH&S MS

- Monitoring, measurement, analysis, and evaluation.
- Internal audit.
- Management review.
- Continual improvement.
- Treatment of nonconformities and incidents.
- Preparing for the certification audit.
- Competence and evaluation of implementers

04 OH&S MS monitoring, measurement, continuous improvement, and preparation for the certification audit



نقود التغيير leading change