



# ISO 45001:2018

## OCCUPATIONAL HEALTH AND SAFETY MANAGEMENT SYSTEMS

### Course Description:

This one-day training program is designed to provide participants with a comprehensive understanding of ISO 45001, the international standard for occupational health and safety management systems. The course will cover the key principles, requirements, and benefits of ISO 45001, equipping attendees with the knowledge needed to contribute to the implementation and maintenance of effective occupational health and safety management within their organizations.

### Benefits:

- **Enhanced Workplace Safety:** Understand the fundamental principles of occupational health and safety, contributing to the creation of a safer work environment.
- **Compliance:** Gain insights into ISO 45001 compliance requirements, ensuring organizations adhere to international standards for occupational health and safety.
- **Risk Reduction:** Learn strategies to identify, assess, and mitigate occupational health and safety risks, minimizing workplace incidents and accidents.
- **Improved Employee Well-being:** Implement measures to enhance employee well-being and satisfaction, fostering a positive workplace culture.
- **Global Recognition:** Acquire knowledge about a globally recognized standard, demonstrating commitment to occupational health and safety on an international scale.



## WHAT WILL YOU LEARN:

- Knowledge of High-Level Structure (HLS)
- Understanding OHS management system
- Overview of individual clauses of ISO 45001:2018

## UPON COMPLETION, YOU WILL BE ABLE TO:



Grasp the key concepts, principles, and structure of ISO 45001.



Familiarize themselves with the specific requirements outlined in ISO 45001 for an effective occupational health and safety management system.



Understand methods for identifying, assessing, and managing occupational health and safety risks.



Understand the documentation and record-keeping requirements necessary for ISO 45001 compliance.



Gain insights into the process of internal auditing to monitor and improve the effectiveness of the occupational health and safety management system.



## WHO SHOULD ATTEND:

- Health and Safety Managers and Officers
- Quality Managers
- Environmental Managers
- Human Resources Professionals
- Operations Managers
- Individuals involved in the implementation or maintenance of occupational health and safety management systems

## CERTIFICATION:

Participants who successfully complete the course Certificate of Attendance.

## COURSE FEE INCLUDES:

- Certificate of Attendance
- Training materials

## REGISTRATION:



**RM 378.00**

\*Contact us for Inhouse Training quotation.



# COURSE OUTLINE

## DESCRIPTION

ISO 45001:2018, OH&S management system provide a framework for managing OH&S risks and opportunities. The aim and intended outcomes of the OH&S management system are to prevent work related injury and ill health to workers and to provide safe and healthy workplaces; consequently, it is critically important for the organization to eliminate hazards and minimize OH&S risks by taking effective preventive and protective measures.

## OBJECTIVES

- Gain insight into the significance of ISO 45001:2018 in promoting a safe and healthy work environment.
- Identify key concepts, terminology, and principles outlined in each clause for effective implementation.
- Learn how to apply the principles of ISO 45001:2018 to enhance occupational health and safety performance.

## TOPICS

- **Introduction to ISO 45001:2018**
  - Overview of occupational health and safety management systems
  - Importance and benefits of ISO 45001:2018 certification
  - Brief history and evolution of the ISO 45001 standard
- **Understanding Clause 4: Context of the Organization**
  - Identifying internal and external issues
  - Assessing the needs and expectations of interested parties
  - Establishing the organizational context for occupational health and safety management
- **Exploring Clauses 5-7: Leadership, Worker Participation, and Planning**
  - Demonstrating leadership and commitment
  - Engaging workers and their representatives
  - Planning for hazard identification, risk assessment, and legal compliance
- **Delving into Clauses 8-9: Operation and Performance Evaluation**
  - Implementing operational controls and emergency preparedness
  - Monitoring, measurement, analysis, and evaluation of OH&S performance
- **Understanding Clause 10: Improvement**
  - Addressing nonconformities and taking corrective actions
  - Continuously improving the effectiveness of the OH&S management system

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