

## ISO 45001:2018 OH&S MANAGEMENT SYSTEMS

*"Build a Safe and Compliant Workplace with ISO 45001:2018"*

### Schedule

Date	Venue	Fees (Face-to-Face)
07 - 09 Jul 2026	Riyadh, KSA	USD 2495 per delegate

► **Available delivery methods:** Face-to-Face & Online Training

### Introduction

Workplace health and safety are critical for organizational success, employee well-being, and regulatory compliance. ISO 45001:2018 provides a globally recognized framework for Occupational Health and Safety (OH&S) management, enabling organizations to proactively prevent work-related injuries, illnesses, and incidents. This 3-day intensive training equips participants with the knowledge and skills to implement, manage, and maintain an effective OH&S management system.

Through interactive sessions, case studies, and practical workshops, participants will learn to assess workplace risks, develop safety policies, and integrate OH&S management practices into organizational processes. The course prepares attendees to lead the implementation of ISO 45001:2018 standards and enhance their organization's safety culture.

### Objectives

By the end of this course, participants will be able to:

- Understand the ISO 45001:2018 standard and its requirements
- Develop and implement an effective OH&S management system
- Identify and assess workplace hazards and risks
- Establish safety policies, objectives, and procedures
- Promote a proactive safety culture within the organization
- Prepare for ISO 45001:2018 certification audits

## Why Attend

- Gain practical knowledge for implementing ISO 45001:2018 standards
- Learn to reduce workplace accidents and occupational illnesses
- Understand risk assessment and hazard control techniques
- Improve compliance with national and international safety regulations
- Develop a proactive safety culture in your organization
- Enhance career prospects as an OH&S professional

## Target Audience

This program is designed for:

- Health, Safety, and Environment (HSE) managers and officers
- OH&S consultants and auditors
- Operations and facility managers
- HR and compliance professionals responsible for workplace safety
- Professionals preparing for ISO 45001:2018 implementation and audits

## Individual Benefits

Key competencies that will be developed include:

- Understanding of ISO 45001:2018 requirements and principles
- Ability to identify, assess, and control workplace hazards
- Skills to design and implement OH&S policies and procedures
- Knowledge of risk management and audit techniques
- Enhanced ability to promote a safe and compliant workplace culture
- Preparation for ISO 45001:2018 certification or auditing roles

## Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Improved workplace safety and reduction in incidents
- Enhanced compliance with occupational health and safety standards
- Stronger risk management and hazard control practices
- Development of a proactive safety culture in the organization
- Increased preparedness for ISO 45001:2018 audits
- Better operational efficiency through safe work practices

## Instructional Methodology

The course follows a blended learning approach combining theory with practical exercises:

- Strategy Briefings - Deep dive into ISO 45001:2018 requirements and OH&S management principles
- Case Studies - Examples of successful OH&S system implementation and audits
- Workshops - Hands-on exercises in risk assessment, hazard control, and OH&S planning
- Peer Exchange - Group discussions on workplace safety challenges and best practices
- Tools - Templates for risk registers, audit checklists, and OH&S documentation

## Course Outline

### Detailed 3-Day Course Outline

Training Hours: 07:30 AM – 03:30 PM Daily Format: 3–4 Learning Modules | Coffee breaks: 09:30 & 11:15 | Lunch Buffet: 01:00 – 02:00

#### Day 1: Introduction to ISO 45001:2018 and OH&S Management Systems

##### Module 1: Overview of ISO 45001:2018 (07:30 – 09:30)

- Key concepts, principles, and structure of the standard
- Benefits of implementing an OH&S management system

##### Module 2: Context of the Organization (09:45 – 11:15)

- Understanding organizational context, stakeholders, and compliance requirements

##### Module 3: Leadership and Worker Participation (11:30 – 01:00)

- Roles and responsibilities of leadership and employees in OH&S

##### Module 4: Case Study and Discussion (02:00 – 03:30)

- Analysis of OH&S implementation scenarios

#### Day 2: Risk Assessment and Operational Planning

##### Module 1: Hazard Identification and Risk Assessment (07:30 – 09:30)

- Techniques to identify and assess workplace risks

##### Module 2: OH&S Planning and Objectives (09:45 – 11:15)

- Setting safety objectives and operational planning

##### Module 3: Support and Competence (11:30 – 01:00)

- Resource allocation, training, and communication strategies

##### Module 4: Workshop Exercises (02:00 – 03:30)

- Hands-on exercises for risk assessment and OH&S planning

#### Day 3: Implementation, Monitoring, and Continual Improvement

##### Module 1: Operational Control and Emergency Preparedness (07:30 – 09:30)

- Procedures for hazard control and emergency response

##### Module 2: Performance Evaluation and Internal Audit (09:45 – 11:15)

- Monitoring, measuring, and auditing OH&S performance

##### Module 3: Continual Improvement (11:30 – 01:00)

- Strategies for improving OH&S management systems

##### Module 4: Capstone Workshop and Review (02:00 – 03:30)

- Applying learning to practical OH&S scenarios
- Q&A and discussion of lessons learned

## Certification

Participants will receive a Certificate of Completion in ISO 45001:2018 OH&S Management Systems, validating their expertise in occupational health and safety management principles, risk assessment, and implementation of ISO 45001:2018 standards.

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