

ISO 45001: OCCUPATIONAL HEALTH AND SAFETY MANAGEMENT SYSTEMS

Start Date:	20/12/2026	End Date:	24/12/2026
Categories:	HSSE	Venues:	Kuwait
Formats:	In Person	Instructors:	

OVERVIEW

This course provides a comprehensive understanding of ISO 45001:2018, the international standard for occupational health and safety (OH&S) management systems. Participants will learn how to establish, implement, maintain, and continually improve an OH&S management system to prevent work-related injury and ill health and to provide safe and healthy workplaces.

OBJECTIVES

By the end of this course, successful learners will have the knowledge and skills to: **KNOWLEDGE** – Explain the purpose and business benefits of: • an OH&S; • OH&S standards ISO 45001, ISO 19011 & ISO 17021; • management system audit; and • third-party certification. – Explain the role of an auditor/ Lead auditor to plan, conduct, report and follow up on an OH&S to establish conformity (or otherwise) against ISO 45001:2018 in accordance with ISO 19011 and ISO/IEC 17021-1, as applicable. **SKILLS** – Plan, conduct, report and follow up an audit of an OH&S management system to establish conformity (or otherwise) against ISO 45001:2018 and in accordance with ISO 19011 and ISO / IEC 17021-1 as applicable.

COURSE OUTLINE

1- Introduction to OH&S and ISO 45001 2- Planning and Risk Assessment 3- Implementation and Operation 4- Performance Evaluation and Improvement

TARGET AUDIENCE

This course is designed for OH&S professionals, safety officers, managers, supervisors, internal auditors, and anyone responsible for developing, implementing, or managing an occupational health and safety management system within their organization.

METHODOLOGY

The course will utilize a blend of instructor-led presentations, interactive discussions, case studies, group exercises, and practical application of ISO 45001 clauses to real-world scenarios.

CONCLUSION

Upon completion of this course, participants will be equipped with the knowledge and practical skills to effectively implement and manage an ISO 45001 compliant OH&S management system, fostering a safer and healthier work environment.

DAILY AGENDA

Day 1: ISO 45001 OH&S Management System Foundations (PDCA, Context, Leadership & Policy)

Day 1 establishes the core foundation of an Occupational Health & Safety (OH&S) Management System by clarifying why organizations implement OH&S systems and the business benefits of ISO 45001:2018. Participants are introduced to the process approach and the overall concept of OH&S management, then build an understanding of how the PDCA cycle is applied to structure and improve the system. The day covers key ISO 45001 requirements including organizational context, leadership and policy, planning, and actions to address risks and opportunities. It also includes compliance obligations, OH&S objectives, competence and communication requirements, and how documented information supports control and consistency. A hands-on workshop reinforces key concepts, followed by review and Q&A.

Day 2: Operational Control, Emergency Preparedness & Risk Assessment Essentials + Audit Fundamentals

Day 2 focuses on implementation and control by covering operational planning and control, emergency preparedness and response, and the performance elements of monitoring and measurement tied to continual improvement objectives. Participants then dive into the critical OH&S processes of hazard identification and risk assessment, building practical understanding of how risks are recognized, evaluated, and prioritized. The day introduces audit fundamentals—audit programs, audit concepts, audit types, activities, and objectives—then supports practical application through risk control tools such as risk matrices. It concludes with the six principles of auditing to prepare participants for the lead auditor-focused content in the following days.

Day 3: Audit Process & Certification Path + Audit Planning and Stage 1 Document Review

Day 3 transitions into the audit and certification perspective by explaining the audit process and how certification audits are conducted. Participants learn how to plan an audit effectively, including audit roles and responsibilities and the steps involved in audit planning and preparation. The day then focuses on Stage 1 requirements, with emphasis on documentation review—what auditors look for, how readiness is assessed, and how gaps are identified early. A case study document review exercise is used to simulate real audit conditions and strengthen participants' ability to evaluate documentation against ISO 45001 requirements, followed by review and Q&A.

Day 4: Stage 2 Audit Execution, Auditor Requirements & ISO 45001 Audit Checklist

Day 4 centers on Stage 2 audit execution and the practical responsibilities expected from lead auditors. Participants examine audit criteria, lead auditor responsibilities, and the professional ethos of auditing, including auditor requirements and expected behaviors. The day builds capability in using the ISO 45001:2018 audit checklist as a structured tool to ensure coverage, consistency, and evidence-based evaluation. A hands-on workshop provides practice in applying the checklist in simulated scenarios, and the day concludes by focusing on how evidence is collected and validated to support audit findings.

Day 5: Interviewing, Audit Findings & Reporting + Closing Meeting Role-Play

Day 5 strengthens the final, high-impact elements of an audit by focusing on interviewing and questioning techniques that help auditors gather reliable evidence and verify system implementation. Participants cover management review meetings from an audit perspective, then develop competence in writing audit findings, forming clear finding statements, and issuing corrective action requests (CARs), including classification and identifying opportunities for improvement. The day includes structured preparation for the closing meeting and a role-play exercise to simulate real closing meeting dynamics. It concludes with a workshop on audit reporting.

to ensure participants can compile results professionally, followed by final review and Q&A.

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