ISO 45001 Lead Implementer for OHS Management Training Course

26 - 30 Oct 2026

Kuala Lumpur

5200 € (Per Person)

Ref: #ISO9074_117139

Course Introduction / Overview:

This comprehensive training course is designed to provide participants with the knowledge and skills required to lead the implementation of an Occupational Health and Safety Management System (OHSMS) based on ISO 45001:2018. The course delves deep into the standard's requirements, offering a practical, step-by-step guide to establishing, implementing, maintaining, and continually improving an OHSMS. We will explore the Plan-Do-Check-Act (PDCA) cycle as the core framework for managing occupational health and safety risks effectively. As noted by safety science pioneer James Reason in his work, including the influential book "Managing the Risks of Organizational Accidents," a systemic approach is crucial to preventing workplace incidents. This course, offered by BIG BEN Training Center, moves beyond mere compliance, focusing on building a resilient safety culture that protects employees and enhances organizational performance. Participants will learn to identify hazards, assess risks, and implement robust controls, ensuring their organization not only meets legal and regulatory obligations but also fosters a safe and healthy work environment. This program is structured to empower you to become a confident and competent lead implementer, capable of guiding your organization towards successful ISO 45001 certification and achieving excellence in OHS performance.

Target Audience / This training course is suitable for:

- Health and Safety Managers and Officers.
- OHS Consultants and Advisors.
- Quality and Environmental Managers.
- Operations and Facility Managers.
- Project Managers responsible for OHSMS implementation.
- Internal and External Auditors.
- Human Resources Professionals.
- Compliance and Risk Managers.
- Individuals aspiring to a career in occupational health and safety.

Target Sectors and Industries:

- Construction and Engineering.
- Manufacturing and Industrial Production.
- Oil, Gas, and Petrochemicals.
- Healthcare and Pharmaceuticals.
- Transportation, Logistics, and Warehousing.
- Hospitality and Tourism.
- Information Technology and Telecommunications.
- Government Agencies and Public Sector Organizations.

Target Organizations Departments:

- Health, Safety, and Environment (HSE) Department.
- Operations and Production.
- Human Resources and Administration.
- Quality Assurance and Control.
- Facility and Maintenance Management.
- Procurement and Supply Chain.
- Risk Management and Compliance.
- Project Management Office.

Course Offerings:

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

- Interpret the requirements of ISO 45001:2018 within their organizational context.
- Develop and implement a strategic OHS policy and measurable objectives.
- Master the techniques for hazard identification, risk assessment, and determining controls.
- Lead an OHSMS implementation project using the Plan-Do-Check-Act (PDCA) framework.
- Establish processes for worker participation and consultation in safety matters.
- Manage OHSMS documentation and records effectively.
- Plan and conduct internal audits and management reviews of the OHSMS.
- Implement corrective actions to address nonconformities and drive continual improvement.
- Prepare an organization for a successful ISO 45001 certification audit.

Course Methodology:

The training methodology at BIG BEN Training Center is designed to be highly interactive and practical, ensuring participants can apply the learned concepts directly to their work environments. We move beyond traditional lectures by incorporating a blend of learning techniques, including detailed presentations, expert-led discussions, and collaborative group exercises. A significant portion of the course is dedicated to hands-on workshops and real-world case studies, allowing participants to analyze complex OHS scenarios and develop practical implementation strategies. Role-playing activities, such as mock management review meetings and incident investigation simulations, provide a safe space to practice and refine critical skills. Participants will work in teams to develop key OHSMS components, such as risk registers and operational control procedures. Continuous feedback is provided by the instructor, who acts as a facilitator to guide learning and address specific organizational challenges. This immersive, experiential approach ensures a deep understanding of the ISO 45001 standard and builds the confidence needed to lead a successful implementation project.

Course Agenda (Course Units):

Unit One: Foundations of OHSMS and ISO 45001:2018

- Introduction to Occupational Health and Safety Management.
- The evolution and benefits of an OHSMS.
- Understanding the High-Level Structure (HLS) of ISO management system standards.
- Detailed review of ISO 45001:2018 clauses and terminology.
- The Plan-Do-Check-Act (PDCA) cycle in the context of OHS.
- Legal and other requirements in OHS management.
- The business case for implementing ISO 45001.

Unit Two: Planning the OHSMS Implementation (Plan)

- Understanding the organization and its context (Clause 4).
- Defining the scope of the OHSMS.
- Leadership, commitment, and defining OHS roles and responsibilities (Clause 5).
- Establishing the OHS Policy.
- Consultation and participation of workers.
- Planning actions to address risks and opportunities (Clause 6).
- Hazard identification and assessment of OHS risks.
- Setting OHS objectives and planning to achieve them.

Unit Three: Implementing the OHSMS (Do)

- Planning for resources, competence, and awareness (Clause 7).
- Establishing effective communication processes.
- Creating and controlling documented information.
- Operational planning and control (Clause 8).
- Implementing the hierarchy of controls.
- Management of change processes.
- Procurement, contractors, and outsourcing controls.
- Emergency preparedness and response procedures.

Unit Four: Performance Evaluation and Improvement (Check & Act)

- Monitoring, measurement, analysis, and performance evaluation (Clause 9).
- Developing key performance indicators (KPIs) for OHS.
- Evaluation of compliance with legal and other requirements.
- Planning and conducting an internal audit program.
- Conducting an effective OHSMS management review.
- Incident, nonconformity, and corrective action management (Clause 10).
- Strategies for continual improvement of the OHSMS.
- Reporting on OHS performance.

Unit Five: Leading the Implementation and Certification Process

- Managing an OHSMS implementation project from start to finish.
- Developing a detailed implementation plan and timeline.
- Effective stakeholder engagement and communication strategies.
- Overcoming common challenges in OHSMS implementation.
- Preparing for the Stage 1 and Stage 2 certification audits.
- Interacting with certification bodies.
- Post-certification activities and maintaining the system.
- Integrating the OHSMS with other management systems (e.g., ISO 9001, ISO 14001).

FAQ:

Qualifications required for registering to this course?

There are no requirements.

How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

Something to think about:

Beyond compliance, how can an organization truly embed a proactive safety culture that influences every decision, from the boardroom to the front line?

What unique qualities does this course offer compared to other courses?

This course distinguishes itself by focusing intensely on the practical application and leadership skills required to be a successful lead implementer, rather than merely reciting the clauses of the ISO 45001 standard. While other courses may provide a theoretical overview, this program, curated by BIG BEN Training Center, is built around a pragmatic, implementation-centric framework. We utilize a rich portfolio of real-world case studies drawn from diverse industries, allowing participants to analyze successes and failures in OHSMS implementation and apply these lessons to their own organizational context. The curriculum emphasizes the development of critical soft skills, such as stakeholder management, effective communication, and leading cultural change, which are essential for driving a safety-first mindset throughout an organization. Our expert instructors guide participants through hands-on workshops where they will draft OHS policies, conduct risk assessments, and develop audit plans. This experiential learning approach ensures that participants leave not just with knowledge of the standard, but with the confidence, tools, and strategic insight to lead, manage, and sustain a world-class Occupational Health and Safety Management System.