ISO 45001 Occupational Health and Safety Training Course

Professional Development Training Course Outline

Category	General Training	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Occupational health and safety (OHS) has become a cornerstone for sustainable business operations, making ISO 45001 certification a global benchmark for workplace safety excellence. ISO 45001 Occupational Health and Safety Training Course equips professionals with the knowledge, tools, and practical skills to implement a proactive safety management system that reduces risks, ensures compliance, and enhances overall organizational performance. By integrating risk management, compliance, and safety leadership, participants gain the expertise to foster a safety-first culture that aligns with international standards.

This comprehensive OHS training is designed for professionals across industries, including manufacturing, construction, healthcare, and energy sectors. Through a blend of interactive workshops, real-world case studies, and hands-on exercises, participants will master hazard identification, risk assessment, emergency preparedness, and continuous improvement strategies. By the end of the course, learners will not only understand the ISO 45001 framework but also develop actionable skills to drive safety excellence and ensure a zero-incident workplace culture.

Programme Curriculum

ISO 45001 Occupational Health and Safety Training Course

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Course Duration

5 days

Course Objectives

1. Understand ISO 45001 requirements and its global significance.
2. Develop a robust Occupational Health and Safety (OHS) management system.
3. Identify hazards, assess risks, and implement preventive measures.
4. Enhance employee safety awareness and engagement.
5. Implement legal compliance strategies and audit readiness.
6. Foster a culture of safety leadership and accountability.
7. Conduct effective incident investigation and root cause analysis.
8. Utilize risk-based thinking for continuous improvement.
9. Integrate safety KPIs and performance monitoring techniques.
10. Prepare for ISO 45001 certification and internal audits.
11. Apply emergency preparedness and business continuity strategies.
12. Leverage digital tools for OHS data management and reporting.
13. Analyze real-world case studies for practical application of OHS principles.

Target Audience

1. Safety Managers & Officers
2. Quality & Compliance Professionals
3. Human Resources Professionals
4. Operational Managers & Supervisors
5. Environmental Health & Safety (EHS) Specialists
6. Construction & Manufacturing Leaders
7. Risk Management Professionals
8. Consultants & Auditors

Course Modules

Module 1: Introduction to ISO 45001

- Overview of ISO 45001 standards and principles
- Importance of occupational health & safety in organizations
- Key clauses and structure of ISO 45001
- Global OHS trends and best practices
- Case Study: ISO 45001 implementation in a manufacturing company

Module 2: OHS Management System Framework

- Structure of an OHS management system
- Policy formulation and leadership commitment
- Roles, responsibilities, and accountability
- Planning and risk-based approach in OHS
- Case Study: OHS system development in construction

Module 3: Hazard Identification & Risk Assessment

- Identifying workplace hazards
- Risk assessment methodologies and prioritization
- Control measures and hierarchy of controls
- Job Safety Analysis (JSA) techniques
- Case Study: Risk mitigation in chemical plants

Module 4: Legal Compliance & Auditing

- OHS legal requirements and compliance strategies
- Internal audits and gap analysis
- Audit planning and reporting techniques
- Corrective and preventive actions (CAPA)
- Case Study: Compliance audit in healthcare sector

Module 5: Incident Investigation & Reporting

- Incident reporting frameworks
- Root cause analysis techniques
- Near-miss and accident investigation procedures
- Corrective action and continuous improvement
- Case Study: Incident analysis in logistics operations

Module 6: Emergency Preparedness & Response

- Emergency planning and drills
- Fire safety, evacuation, and first aid protocols
- Business continuity in OHS context
- Crisis management and communication strategies
- Case Study: Emergency response in industrial plant

Module 7: Safety Culture & Leadership

- Building a proactive safety culture
- Leadership commitment and employee engagement
- Behavior-based safety programs
- Motivating safety champions in the workplace
- Case Study: Safety culture transformation in a corporate office

Module 8: OHS Performance Measurement & Digital Tools

- Key performance indicators (KPIs) for OHS
- Monitoring and reporting techniques
- Digital tools for incident tracking and risk management
- Continuous improvement strategies

- Case Study: Digital OHS management implementation

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com