SQT

TRAINING THAT DEVELOPS *REAL* CAPABILITY









ISO 45001 Internal Auditor (OH&SMS)

HS017

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From frontline safety to strategic alignment, occupational health and safety is the backbone of sustainable success. This highly practical Internal Auditor course equips learners with the knowledge and skills to conduct effective internal audits in accordance with ISO 45001

The course is aligned with international best practices and provides a pathway to globally recognised auditing credentials. It introduces the internal audit process as a critical tool for continuous improvement - learners gain confidence in planning, executing and reporting internal audits aligned with ISO 19011 and in contributing to safer, more compliant workplaces.

Please note: This course does not cover ISO 45001 in detail. Learners are expected to have a foundational understanding of occupational health and safety concepts and ISO 45001 prior to attending. It is recommended that those without this knowledge complete an ISO 45001 Foundation (OH&SMS) course beforehand.

Duration & Price

Duration: 2 days
Public Virtual Training: £465
Delivery mode: This programme is available In-Company, and via Public Virtual Training

Dates & Locations

Date	Venue	
17 - 18 Nov 2026	Virtual	Book Date
26 - 27 Jan 2027	Virtual	Book Date
06 - 07 Apr 2027	Virtual	Book Date

In-Company Training

Please contact us for more information on our In-Company training options

What's covered?

This comprehensive two-day course focuses on the fundamentals of OH&SMS internal auditing under ISO 45001.

Topics include:

Day 1

- Introduction to OHS management systems and the PDCA cycle
- ISO 45001 and ISO 19011 standards
- The purpose and structure of ISO 45001
- Linking OH&SMS purpose to organisational context, stakeholder expectations and performance outcomes
- The Risk Assessment Process and auditing legal and other OHS requirements
- Understanding context, leadership, risks and operational planning

Day 2

- Audit preparation, execution and reporting
- Interviewing and evidence gathering techniques
- Audit roles, responsibilities and behaviours
- Corrective actions, reporting and audit follow-up

Content is reinforced through practical exercises and can be tailored for in-company delivery.

Who should participate?

This programme is designed for anyone involved in the auditing, management, or implementation of an Occupational Health & Safety Management System (OHSMS) that conforms to ISO 45001. It is equally valuable for those who are new to auditing and for experienced auditors who wish to strengthen their skills.

It will benefit individuals who:

- Conduct, plan, or support internal audits of a OH&SMS
- Manage, maintain, or implement ISO 45001 OH&SMS systems
- Need to identify and address gaps in system effectiveness to support compliance
- Carry out supplier or external audits on behalf of their organisation

Typical participants include Health & Safety Managers, Co-Ordinators and Supervisory staff, Department Managers and personnel responsible for supplier or process audits.

What will I learn?

On successful completion of this course, learners will be able to:

- Explain the purpose and structure of ISO 45001 and ISO 19011 within the PDCA framework
- Describe the responsibilities of an internal auditor in planning, conducting, reporting and following up an internal OH&SMS audit
- Prepare audit documentation including checklists and audit plans
- Conduct effective internal audits, including evidence gathering and interviewing techniques
- Evaluate compliance with OH&S policy, procedures and legal requirements
- Communicate audit findings clearly and constructively
- Contribute to the continual improvement of occupational health and safety management systems

These outcomes ensure real-world audit competence that drives improvement in workplace settings.

What are the entry requirements?

Important: Learners should have the following prior knowledge before attending this course:

- Basic knowledge of the Plan-Do-Check-Act (PDCA) cycle
- Basic knowledge of how health and safety risks are identified, controlled and kept in line with legal requirements.
- Awareness of common OH&S legislation
- Understanding of key ISO 45001 terms and definitions
- Understanding of the requirements of ISO 45001

This prior knowledge may be gained by completing an ISO 45001 Foundation (OHSMS) training course or equivalent.

English Language Competency
A good standard of written and spoken English is important to engage effectively with this programme.

How will I be assessed?

Learners are **assessed continuously** throughout the course via interactive exercises and engagement in Q&A sessions:

- Role playing audit scenarios
- Involvement in case study exercises
- Active participation in course discussions
- Tutor-led evaluation of individual contributions

Full attendance and participation are required for successful completion.

How do we train and support you?

Our training approach is practical, highly interactive and discussion-based, with flexibility to meet organisational needs:

- Pre-training consultation to align with your OHS system (for In-Company courses)
- Where appropriate, exercises incorporate the organisation's own OH&SMS documentation, offering learners the opportunity to practice audit techniques in a relevant and realistic setting. This hands-on approach culminates in a tutor-supervised internal audit, reinforcing practical application and embedding core learning outcomes.
- Flexible delivery options to suit different needs:
- Onsite and live virtual training for your team
- Scheduled virtual Public courses for individuals to join independently
- Real-time support from expert tutors

Class sizes are generally limited to 10-12 to support personalised learning and individual support.

How can you progress?

Learners may wish to continue their professional development with:

- ISO 45001 Lead Auditor (OH&SMS) training
- Internal Auditing - Integrated Management Systems (ISO 9001, ISO 14001 & ISO 45001)

These options enable further specialisation in auditing and health and safety systems.

Tutors



John Collins
View Profile



Shane Curran
View Profile

What Our Learners Say

We believe in excellence through transparency and continuous improvement. That's why we invite all our delegates to share their experiences on CourseCheck.com, an independent platform dedicated to genuine, unfiltered feedback. Learner insights help us not only to enhance our training programmes but also empower potential learners to make informed decisions. Click on the link below to read firsthand experiences and testimonials from past learners.



Click Here

SQT TRAINING THAT DEVELOPS *REAL* CAPABILITY

SQT provide a unique combination of high quality, accredited, practical training delivered by leading industry experts and supported by the most up to date learning technology and tools

LEAN SIX SIGMA, PROCESS & PROJECT MANAGEMENT

- Lean Six Sigma
- Join our Lean Six Sigma Network
- Continual Process Improvement
- Project & Programme Management

COMPLIANCE, STANDARDS & AUDITING

- Quality
- Environment & Energy Management
- Health & Safety
- Food Safety
- Life Sciences
- Laboratory
- Integrated Management Systems

LEADERSHIP & PERSONAL DEVELOPMENT

- Leadership & Personal Development
- Train the Trainer

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