SQT

TRAINING THAT DEVELOPS
REAL CAPABILITY









ISO 45001 Foundation (OH&SMS)

HS031

ISO 45001 Foundation (OH&SMS)

This one-day foundation programme introduces learners to the principles and structure of ISO 45001 – the international standard for Occupational Health & Safety Management Systems (OH&SMS). The course is aligned with international best practices and provides a pathway to globally recognised auditing credentials. The course supports learners in building the essential understanding required to participate in or progress to OH&SMS Auditor Training.

Designed for individuals across all industries, the course provides an engaging, practical introduction to the ISO 45001 standard and its strategic value in improving health and safety performance. Organisations have a statutory obligation to operate in a manner that safeguards the health and safety of their workforce. Implementing a recognised Occupational Health & Safety (OH&S) management system such as ISO 45001 provides a structured and effective way to meet this obligation through proactive risk identification, mitigation strategies and continuous performance improvement.

The course will provide learners with an understanding of the importance of ISO 45001 as a practical tool for improving workplace health and safety through a structured, standards-based approach.

Duration & Price

Duration: 1 day
Public Virtual Training: £375
Delivery mode: This programme is available In-Company, and via Public Virtual Training

Dates & Locations

Date	Venue	
16 Nov 2026	Virtual	Book Date
25 Jan 2027	Virtual	Book Date
05 Apr 2027	Virtual	Book Date

In-Company Training

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

What's covered?

This one-day programme covers the core requirements and structure of ISO 45001, with a focus on real-world application. Learners explore:

- Key OH&S terms, definitions and risk management concepts
- Evolution, purpose, intent and benefits of ISO 45001
- The Annex SL structure and plan-do-check-act (PDCA) cycle
- The specific occupation health & safety management-related requirements of ISO 45001:
- Organisational context and interested parties
- Leadership, commitment, participation and consultation
- OH&S objectives, planning and controls
- Hazard identification and risk assessment
- Monitoring, measurement, evaluation and evaluation solutions
- Incidents and emergency situations
- Outsourced processes, procurement and contractors
- ISO 45001 certification process
- Continuous improvement

This training is highly practical and can be tailored for In-Company delivery. It includes interactive exercises, real-world examples and scenario-based learning to help learners connect theory to practice.

Who should participate?

This programme is ideal for individuals looking to build a strong foundation in occupational health and safety management.

It is ideal for:

- Health & Safety Officers and Managers
- Technical and Environmental Managers
- Quality Managers
- Safety Representatives

It is suitable for individuals preparing to take on OH&S responsibilities or progress to auditor-level training.

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

What will I learn?

Learners achieve the following learning outcomes from the programme;

- Understand the purpose of OH&S management systems and ISO standards
- Identify the strategic and operational benefits of ISO 45001
- Recognise the structure, content and terminology of ISO 45001
- Interpret the key requirements of the ISO 45001 standard

This course builds the practical understanding needed to engage with OH&S management in typical workplace settings and real-world situations.

How will I be assessed?

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

- 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 for In-Company courses to customise delivery
- Access to comprehensive course material that is regularly reviewed and updated to reflect the latest industry standards and ISO 45001 guidance
- 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?

This foundation course prepares learners for further professional development in health and safety or auditing:

- OH&SMS Internal Auditor Training
- OH&SMS Lead Auditor Training
- ISO 9001, ISO 14001 or Integrated Management Systems programmes
- Health and Safety Leadership training

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

QQI AWARD | IEMA APPROVED | CompEx Part of the JTL Group | FSPCA FOOD SAFETY PREVENTIVE CONTROLS ALLIANCE | CQI IRCA APPROVED TRAINING PARTNER | Chartered Institute of Environmental Health

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