



## ISO 45001:2018 IMPLEMENTATION TRAINING



MTBM Group Sdn. Bhd. (1600656-M)

Level 8, MCT Tower, Sky Park, One City, Jalan USJ 25/1, 47650 Subang Jaya, Selangor

**Course Title:** ISO 45001:2018 Implementation Training

**Course Validity:** 2 Day

**Validity:** Not Applicable

**HRD Corp Scheme:** Claimable

## **INTRODUCTION**

This training program is designed to guide participants through the practical steps of implementing the ISO 45001:2018 Occupational Health and Safety Management System (OHSMS) within their organization. It covers the principles, requirements, and processes necessary to establish, document, and maintain an effective OHSMS that enhances workplace safety, reduces risks, and ensures compliance with regulatory standards.

## **OBJECTIVE(S):**

- Understand the requirements and principles of ISO 45001:2018.
- Learn the process of establishing and maintaining an effective Occupational Health and Safety Management System (OHSMS).
- Identify workplace hazards and conduct risk assessments.
- Develop skills to document OHSMS processes and implement control measures.
- Prepare for ISO 45001:2018 certification and compliance audits.

## **TARGET GROUP(S):**

- Managers and supervisors.
- Safety and health officers.
- Team leaders and process owners.
- Employees involved in ISO 45001:2018 implementation and compliance.

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**ENTRY REQUIREMENT(S):**

- Able to read, write, and communicate verbally in Malay/English.

**TOPIC(S):**

1. Introduction to ISO 45001:2018 and Its Benefits.
2. Understanding ISO 45001:2018 Requirements and Clauses.
3. Hazard Identification, Risk Assessment, and Control (HIRARC).
4. Developing and Documenting OHSMS Processes.
5. Emergency Preparedness and Response Planning.
6. Preparing for Certification and Compliance Audits.

**LIST OF REFERENCE BOOK(S):**

- ISO 45001:2018 Standard.
- Guidelines for Implementing an Occupational Health and Safety Management System.

**LIST OF TEACHING AID(S):**

- LCD projector.
- Computer.
- Whiteboard with accessories.

**METHODOLOGY(S):**

- Lecture.
- Group discussions.
- Practical exercises and process mapping.
- Case study reviews and implementation planning.

## TRAINING SCHEDULE

### Day 1

Time	Activity/Topic
8:30 am - 9:00 am	Registration and Introduction
9:00 am - 10:30 am	Topic 1: Introduction to ISO 45001:2018 and Its Benefits
10:30 am - 10:45 am	<b>Morning Tea Break</b>
10:45 am - 12:30 pm	Topic 2: Understanding ISO 45001:2018 Requirements and Clauses
12:30 pm - 1:30 pm	<b>Lunch Break</b>
1:30 pm - 3:30 pm	Topic 3: Hazard Identification, Risk Assessment, and Control (HIRARC)
3:30 pm - 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm - 5:00 pm	Group Exercise: Identifying and Mitigating Workplace Hazards

## TRAINING SCHEDULE

### Day 2

Time	Activity/Topic
8:30 am - 9:00 am	Recap of Day 1
9:00 am - 10:30 am	Topic 4: Developing and Documenting OHSMS Processes
10:30 am - 10:45 am	<b>Morning Tea Break</b>
10:45 am - 12:30 pm	Topic 5: Emergency Preparedness and Response Planning
12:30 pm - 1:30 pm	<b>Lunch Break</b>
1:30 pm - 3:30 pm	Topic 6: Preparing for Certification and Compliance Audits
3:30 pm - 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm - 5:00 pm	Practical Assessment and Feedback