



## ISO 45001:2018 AWARENESS 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 Awareness Training

**Course Validity:** 1 Day

**Validity:** Not Applicable

**HRD Corp Scheme:** Claimable

## **INTRODUCTION**

This training program is designed to provide participants with a foundational understanding of the ISO 45001:2018 Occupational Health and Safety Management System (OHSMS). It emphasizes the principles, requirements, and benefits of ISO 45001:2018, ensuring participants understand its role in fostering a safe and healthy work environment and achieving compliance with occupational health and safety regulations.

## **OBJECTIVE(S):**

- Understand the purpose and benefits of ISO 45001:2018.
- Learn the principles and requirements of the Occupational Health and Safety Management System (OHSMS).
- Familiarize with ISO 45001:2018 clauses and their applications.
- Recognize the role of ISO 45001:2018 in improving workplace safety and health.

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

- Managers and supervisors.
- Employees involved in workplace safety.
- Safety and health officers.
- Team leaders and staff responsible for compliance and risk management.

**ENTRY REQUIREMENT(S):**

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

**TOPIC(S):**

1. Introduction to ISO 45001:2018 and Occupational Health & Safety.
2. Key Principles of the Occupational Health & Safety Management System (OHSMS).
3. Overview of ISO 45001:2018 Clauses and Requirements.
4. Hazard Identification, Risk Assessment, and Control (HIRARC).
5. Understanding the Certification Process and Regulatory Compliance.

**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.
- Case studies and practical examples.

## TRAINING SCHEDULE

### Day 1

Time	Activity/Topic
8:30 am - 9:00 am	Registration and Introduction
9:00 am - 9:45 am	Topic 1: Introduction to ISO 45001:2018 and Occupational Health & Safety
9:45 am - 10:30 am	Topic 2: Key Principles of the Occupational Health & Safety Management System (OHSMS)
10:30 am - 10:45 am	<b>Morning Tea Break</b>
10:45 am - 11:30 pm	Topic 3: Overview of ISO 45001:2018 Clauses and Requirements
11;30 am - 12:30 pm	Topic 4: Hazard Identification, Risk Assessment, and Control (HIRARC)
12:30 pm - 1:30 pm	<b>Lunch Break</b>
1:30 pm - 2:30 pm	Topic 5: Understanding the Certification Process and Regulatory Compliance
2:30 pm -3:30 pm	Case Study: Applications of ISO 45001:2018
3:30 pm - 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm - 5:00 pm	Practical Assessment and Feedback