SQT

TRAINING THAT DEVELOPS *REAL* CAPABILITY

ISO 45001:2018 Lead Auditor (OH&SMS) - CQI and IRCA Certified

HS018

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ISO 45001:2018 provides organisations with a framework to proactively improve safety and prevent work-related injury and ill-health. Delivered in association with CQI and IRCA Approved Training Partner Antaris, the course is aligned with international best practices and provides a pathway to globally recognised auditing credentials. It provides learners with the practical skills and essential knowledge to confidently carry out first, second and third-party audits of occupational health and safety management systems against ISO 45001, in accordance with ISO 19011 and ISO/IEC 17021.

Regulatory bodies, accreditation agencies and client organisations must have confidence that auditors are capable of conducting thorough, consistent and impartial evaluations. This programme ensures that certified auditors meet the highest standards of competence, helping to uphold safety, compliance and public trust.

The course incorporates the most up to date approaches to auditing, real-world case studies, exercises and accelerated learning methods. Learners will leave ready to conduct effective first, second and third-party audits of entire OH&S management systems, helping organisations to meet legal, regulatory and strategic health and safety objectives.

Duration & Price

Duration: 5 days
Public Virtual Training: €1,055 + €70 fees
Delivery mode: This programme is available In-Company, and via Public Virtual Training

Dates & Locations

Date	Venue	
17-18 & 21-23 Sep 2026	Virtual	Book Date

In-Company Training

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

What's covered?

This comprehensive five-day course covers all key areas of ISO 45001:2018 auditing. Through workshops, case studies and roleplay, learners will engage with the following topics:

- Purpose, structure and key benefits of OH&SMS and ISO 45001
- PDCA cycle and OH&S process approach
- ISO 45001 requirements and definitions
- Understanding Annex SL structure
- Types of audits (first, second, third-party)
- Auditor roles, responsibilities and certification
- Planning and conducting audits
- Reporting and follow-up

Please note:
This course is intensive (containing a total of 40 hours study time) which necessitates some evening study to reinforce daily learning. Learners should be prepared to commit time outside of the scheduled sessions to review materials and prepare for assessment.

Who should participate?

This programme is ideal for learners who intend to become practising auditors or those involved in the design, implementation and management of OH&S Management Systems. It is particularly relevant to individuals from any background who are responsible for performing or managing audits.

This course will benefit:

- Individuals responsible for internal, external or cross-audits of OH&S management systems
- Health and Safety Officers and Managers
- Technical, Quality and Environmental Managers
- Safety Representatives
- Sub-contractors and suppliers engaging with client OH&S audits
- Those applying for CQI IRCA OH&SMS Auditor grades

What will I learn?

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

- Explain the purpose and benefits of OH&S management systems and ISO 45001
- Describe the principles and practices of effective auditing based on ISO 19011 and ISO/IEC 17021
- Plan, conduct, report and follow up audits to assess conformity to ISO 45001
- Apply key audit techniques, including evidence collection, interviewing and reporting
- Evaluate audit findings and make informed recommendations
- Interpret ISO 45001 requirements within real-world organisational contexts
- Demonstrate understanding of auditor responsibilities and certification pathways

These outcomes are grounded in practical auditing scenarios to prepare learners for application in their own organisations.

What are the entry requirements?

CQI IRCA expect learners to have the following prior knowledge before attending this course:

- The Plan, Do, Check, Act (PDCA) cycle
- Management systems structures and the interrelationship between leadership, planning, implementation and review processes.
- OH&S principles including hazard identification, risk control, legal compliance
- How OH&S management supports safe workplaces, injury prevention and continuous safety improvement.
- Common examples of relevant national and local OH&S legislation and requirements.
- ISO 45001 standard and its terminology

Prior completion of an ISO 45001 Foundation course or equivalent is highly recommended.

If you have access to a copy of ISO 45001, please have it available for the course.

Please note: The final examination for this course is challenging and requires a strong grasp of ISO 45001 principles and audit methodology. Meeting the entry criteria is key to engaging effectively with the course and succeeding in the final exam.

English Language Competency

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

How will I be assessed?

Assessment for this programme is based on two key components that evaluate both participation during the course and applied knowledge after completion:

- Continuous assessment
- Open-book online exam (within 30 days from last day of training)

Continuous assessment (70% pass mark):
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. Feedback on individual learner's performance is provided (confidentially) during the week.

Open-book online exam (50% pass mark):

Learners have 30 days from the final day of training to complete the online exam.

Questions include:

- Multiple choice, matching, sequencing and drag-and-drop formats
- Scenario-based tasks that assess audit planning, execution and decision-making
- Evaluating real-world cases and select appropriate audit actions

Exam Preparation and Conditions
Learners are provided with 24 practice questions to familiarise themselves with the online SARAS exam format. These are accessible towards the end of the course and are strongly recommended.

The final exam is computer-marked and open book; to maintain exam integrity, submitted answers cannot be changed, so accuracy on first attempt is essential.

The exam is open book, allowing use of course notes and a copy of the ISO 9001 standard in either paper or electronic format, internet use is strictly prohibited.

IT Requirements
It is strongly recommended that learners review the IT requirements for the SARAS proctoring exam platform before the course begins. A reliable internet connection, a supported browser and access to a quiet test environment are essential for successful exam completion.

Assessment criteria:

- 70% pass mark for continuous assessment
- 50% pass mark for the open-book online exam

Exam results will be issued 7 weeks after course completion.

How do we train and support you?

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

Learners receive:

- Pre-training consultation to align with your OH&SMS (for In-Company courses)
- Where appropriate, exercises incorporate the organisation's own OH&SMS documentation, offering learners the opportunity to practise audit techniques in a relevant and realistic setting.
- Access to practice questions and exam simulator
- Support through SQT's online learning platform
- Real-time support from expert tutors

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

Programme accreditation

This course is:

- Certified by CQI IRCA (Course Certificate No. 1942)
- Recognised as meeting the training requirements for CQI IRCA OH&SMS Auditor certification (subject to additional criteria)*

Professional body membership

Learners who successfully complete this CQI and IRCA Certified ISO 45001:2018 Lead Auditor (OHSMS) training course within five years of applying will meet the training requirement for initial IRCA OHSMS auditor certification. Additional education, work and auditing experience are also required (see https://www.quality.org/).

How can you progress?

Following this course, learners may wish to:

- Apply for CQI IRCA OH&SMS Auditor certification
- Complete ISO 9001 Lead Auditor Training
- Complete ISO 14001 Lead Auditor Training
- Complete ISO 50001 Lead Auditor (EnMS)

These options support continuous professional development in the auditing and OH&S fields.

Tutors

Elizabeth Walker
View Profile

Finbarr Stapleton
View Profile

Gerry Higgins
View Profile

Peter Fleming
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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