



TRAINING THAT DEVELOPS
REAL CAPABILITY



ISO 45001:2018 Foundation
(OH&SMS) – CQI and IRCA
Certified
HS015

ISO 45001:2018 Foundation (OH&SMS) – CQI and IRCA Certified

This course is delivered in association with CQI and IRCA Approved Training Partner Antaris.

The aim of this course is to provide a basis for students who wish to complete CQI IRCA-certified OH&SMS auditor training courses.

ISO 45001 has replaced OHSAS 18001 and will afford organizations an opportunity to align their strategic direction with their health and safety management system thereby improving their occupational health and safety performance.

Irrespective of whether a company is a manufacturing or service industry, it has a statutory obligation to operate in a manner that safeguards the health and safety of its workforce. Implementation of a recognised occupational health and safety (OH&S) management system such as ISO 45001 is one way to meet that obligation.

The structure of ISO 45001 is based on Annex SL format and terminology. Annex SL was developed to ensure that all ISO management system standards share a common format irrespective of the specific discipline to which they relate.

ISO 45001 has introduced a number of enhanced requirements as follows:

- Understanding the organizational context
- Understanding the needs and expectations of interested parties
- Leadership and commitment
- Participation and consultation
- Documented information
- Eliminating hazards and reducing OH&S risks
- Management of change
- Procurement
- Contractors
- Outsourcing

The aim of this course is to provide delegates with an understanding of the management systems approach and the requirements of ISO 45001. This course will provide delegates with an understanding of the importance of ISO 45001 as a tool for improving the health and safety performance of companies with reference to its employees, contractors and visitors. This course also provides a basis for students who wish to go on to complete the CQI IRCA certified OH&SMS Auditor training courses.

Duration & Price

Duration: 1 day

Public Virtual Training: €395 + €30 fees

Delivery mode: This programme is available In-Company, and via Public Virtual Training

Dates & Locations

Date

01 Sep 2025

17 Nov 2025

Venue

Virtual

Virtual

[Book Date](#)

[Book Date](#)

In-Company Training

Please [contact us](#) for more information on our In-Company training options

What's covered?

- How to define “health and safety”, hazards, risks and risk management as well as other terms and definitions used in ISO 45001.
- Explain the purpose, intent and benefits of ISO 45001.
- Evolution of occupational health and safety management systems.
- The structure and content of ISO 45001 and the plan-do-check-act cycle.
- The specific occupational health and safety management-related requirements of ISO 45001.
 - Context of the organization.
 - Leadership and commitment.
 - Occupational health and safety objectives.
 - Hazard Identification and assessment of risks.
 - Resources and support.
 - Outsourced processes, products and services.
 - Operational planning and controls.
 - Monitoring, measurement, analysis and evaluation solutions.
 - Incidents and emergency situations.
- The occupational health and safety management system certification process.
- Continuous improvement.

If you have access to a copy of ISO 45001, please bring a copy of the standard with you. If you don't have access, a copy will be provided for you and will be collected at the end of the course.

Who should participate?

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

For applicants whose first language is not English, SQT recommends a minimum English language competency of IELTS 5.5 (or equivalent) for successful completion of this programme. It is important to note that learners are not expected to have an IELTS or equivalent examination complete. Potential delegates are expected to [self-assess](#) their English language competency against the IELTS Band scores which can be found in [this](#) document.

What will I learn?

Participants achieve the following learning outcomes from the programme;

- Explain the purpose of an Occupational Health & Safety Management system and health and safety management system standards.
- Explain the business benefits of improved performance of the occupational health and safety management system.
- Outline the structure and content of ISO 45001.
- Explain the specific occupational health & safety management-related requirements of ISO 45001.

How will I be assessed?

A variety of exercises will be carried out throughout the course. Delegates are assessed throughout the course by continuous assessment. Continuous assessment is based upon the student's participation and performance during the exercises and question & answer sessions. It is essential that delegates take an active part in all course activities during the course in order for the tutor to make a full assessment of the student's performance. Please note it is essential for delegates to be in attendance for the full course.

How do we train and support you?

In-House Courses

For In-House courses, the tutor will contact you in advance to discuss the course programme in more detail in order to tailor it specifically for your organisation.

Course Manual

Delegates will receive a very comprehensive course manual.

Programme accreditation

This course is certified by [CQI IRCA](#), course certificate number 1989. The International Register of Certificated Auditors (CQI IRCA) is the world's original and largest international certification body for auditors of management systems.

Tutors



Elizabeth Walker
[View Profile](#)



Finbarr Stapleton
[View Profile](#)



Gerry Higgins
[View Profile](#)



Nick Smyth
[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](https://www.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.



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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

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