

ISO 45001 Introduction Course

Course Duration: 8 Hrs.

Course Code: ISO45001-INT

Course Overview

The ISO 45001 Introduction Course provides a basic understanding of the Occupational Health and Safety Management System (OHSMS) standard. It highlights the purpose, structure, and key requirements of ISO 45001, helping participants understand how the standard supports safer workplaces, risk reduction, and legal compliance.

What You'll Learn?

In this course, you will learn the fundamental concepts of occupational health and safety, the framework and clauses of ISO 45001, and the benefits of adopting OHSMS for organizations and employees.

Target Audience

This course is designed for beginners, professionals new to occupational health and safety, employees seeking awareness of ISO 45001, and individuals interested in workplace safety standards.

Pre-Requisites

There are no prerequisites for this course; however, a general awareness of workplace safety practices will support better understanding.

Course Content

Module 1: Introduction to Occupational Health and Safety and ISO 45001

Module 2: Key Terms, Principles, and Definitions

Module 3: Overview of ISO 45001 Clauses and Structure

Module 4: Benefits of Implementing OHSMS

Module 5: Certification and Compliance Overview

