ISO 45001:2018 Occupational Health & Safety Management System (OHSMS) Awareness Training

Course Introduction

ISO 45001:2018 is an internationally recognised standard for Occupational Health & Safety Management Systems (OHSMS). This awareness training is designed to provide participants with a fundamental understanding of workplace safety management, hazard prevention, legal compliance, and employee responsibilities in creating a safer and healthier working environment.

The training focuses on increasing safety awareness, promoting proactive risk management, and encouraging a positive safety culture within the organisation in line with ISO 45001:2018 requirements.

Course Objective

Upon completion of this training, participants will be able to:

- Understand the purpose and benefits of ISO 45001:2018
- Recognise the importance of workplace safety and health practices
- Understand basic Occupational Health & Safety Management System (OHSMS) concepts
- Identify common workplace hazards and risks
- Understand employer and employee responsibilities in workplace safety
- Promote safety awareness and safe work practices
- Support continuous improvement in occupational safety and health performance
- Encourage employee participation in maintaining a safe workplace

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Course Content

Module 1: Introduction to Occupational Safety & Health (OSH)

- Importance of workplace safety and health
- Common workplace accidents and causes
- Benefits of a safe working environment
- Introduction to safety culture

Module 2: Overview of ISO 45001:2018

- Background and development of ISO 45001:2018
- Purpose and scope of the standard
- Key principles of OHSMS
- Benefits of implementing ISO 45001:2018

Module 3: Understanding Hazard Identification & Risk Control

• Understanding workplace hazards and risks
• Types of hazards (physical, chemical, ergonomic, biological, etc.)
• Basic Hazard Identification, Risk Assessment & Risk Control (HIRARC)
• Introduction to hierarchy of control

Module 4: Roles & Responsibilities in Workplace Safety

• Employer responsibilities
• Employee responsibilities
• Importance of worker participation and consultation
• Reporting unsafe conditions and incidents

Module 5: Legal Compliance & Emergency Preparedness

• Overview of Occupational Safety and Health requirements in Malaysia
• Importance of legal compliance
• Emergency response awareness
• Incident reporting and corrective actions

Module 6: Continuous Improvement & Safety Awareness

• Introduction to PDCA (Plan-Do-Check-Act) approach
• Importance of continuous improvement
• Promoting positive safety behaviour
• Building a proactive safety culture

Training Methodology

The training will be conducted through:

• Interactive presentations
• Group discussions
• Case studies
• Video learning
• Workplace examples and practical sharing
• Question & answer sessions

Expected Benefits

Upon completion of this training, participants will gain better awareness of occupational safety and health practices, improve workplace safety behaviour, support compliance with ISO 45001:2018 requirements, and contribute towards a safer and healthier working environment.

Target Participants

This course is suitable for:

- Employees at all levels
- Supervisors and team leaders
- Safety committee members
- Administrative staff
- New employees
- Anyone interested in workplace safety awareness

Training Program (1 Day Training Program (9:00 AM – 5:00 PM)

Time	Module	Content
8:30 AM – 9:00 AM	Registration	Participant Registration & Pre-Assessment
9:00 AM – 10:00 AM	Module 1	Introduction to Occupational Safety & Health (OSH)
10:00 AM – 10:30 AM	Module 2	Overview of ISO 45001:2018 & OHSMS Principles
10:30 AM – 10:45 AM	Break	Morning Tea Break
10:45 AM – 12:00 PM	Module 3	Hazard Identification, Risk Assessment & Risk Control (HIRARC)
12:00 PM – 1:00 PM	Lunch	Lunch Break
1:00 PM – 2:00 PM	Module 4	Roles & Responsibilities in Workplace Safety
2:00 PM – 3:00 PM	Module 5	Legal Compliance & Emergency Preparedness
3:00 PM – 3:15 PM	Break	Afternoon Tea Break
3:15 PM – 4:15 PM	Module 6	Continuous Improvement & Safety Awareness Culture
4:15 PM – 4:45 PM	Activities	Group Discussion, Case Study & Practical Sharing
4:45 PM – 5:00 PM	Closing	Q&A Session, Post-Assessment & Closing Remarks