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# ISO 45001 Implementation and Internal Auditing

7 – 11 December 2026  
Tokyo





## ISO 45001 Implementation and Internal Auditing

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ISO 45001 Implementation and Internal Auditing is a five-day practical course delivered by Mars Training Centre UK in London, Dubai, Amman and Madrid, and online — for HSE professionals, management-system coordinators and internal auditors implementing, maintaining or auditing an occupational health and safety management system to ISO 45001.

ISO 45001, published by the International Organization for Standardization, is the international standard for occupational health and safety management systems. It replaced OHSAS 18001 and is now the dominant framework for organisations seeking external certification or simply a credible internal system. The standard's logic is straightforward; the discipline of implementing it well, and then internally auditing it without lapsing into a ticked-box exercise, is the work.

Across five focused days you work through the structure of ISO 45001 clause by clause, examine the practical implementation choices that determine whether the system actually delivers, and practise the internal audit techniques described in ISO 19011 — the international standard for management-system auditing. This course teaches the principles and the technique; certification is a separate matter handled by the chosen certification body.

### What You Will Learn

- Explain the structure, intent and risk-based logic of ISO 45001.
- Map your existing arrangements against the requirements of the standard.
- Apply the high-level structure shared across modern ISO management-system standards.
- Identify and address the leadership, worker-consultation and context clauses that catch most implementations.
- Design hazard identification, risk assessment and operational control processes that meet the standard.
- Plan an internal audit programme appropriate to the size and risk of the organisation.
- Conduct an internal audit using the principles of ISO 19011.
- Write clear, evidence-based audit findings and recommendations.
- Manage the relationship with an external certification body.
- Build a personal action plan for implementation or audit improvement.

### How You Will Benefit

You will leave with a working command of ISO 45001, an internal-audit toolkit grounded in ISO 19011, and a Mars Certificate of Completion confirming attendance at this internal-audit competence course.

Your organisation will gain a stronger, more disciplined management system, better internal audit findings, more credible engagement with external certification bodies, and a deeper bench of staff capable of leading the system.



## Who This Programme Is For

The course is designed for HSE managers, coordinators and advisers; management-system coordinators and management-representative roles; internal auditors with occupational health and safety coverage; quality, environment and integrated management-system managers; operations managers responsible for system performance; line managers preparing for surveillance audits; and consultants supporting clients with implementation. The seniority floor is management-system coordinator or HSE adviser level and above.

Delegates who arrive with their own documentation get the most from the week: gap-mapping, audit planning and finding-writing exercises are all run against real material wherever the delegate is able to bring it.