



Introduction to ISO 45003:2021

Gain an overview of ISO 45003, including key terminology, its purpose and benefits, and considerations for implementation within an existing OH&SMS, on this one-day training course.

Participants will learn how to identify psychosocial hazards that could have a negative impact on an employee's mental health by considering aspects such as social factors, work organisation and environment, plus hazardous equipment and tasks. Delegates will also learn how to implement control measures to eliminate these hazards and therefore reduce the associated risks to their employees' psychological wellbeing.

An environment that supports employees' mental wellbeing may include providing job security, fair treatment, predictable working hours and opportunities for personal development. Offering such benefits not only supports the individual but also often benefits the organisation, for example through reducing employee turnover, improving productivity and increasing worker engagement.

COURSE DURATION

1 day

CPD

Equivalent to 7 hours

IN-COMPANY TRAINING

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CERTIFICATES

All delegates will receive a certificate on completion.

Who should attend?

This Introduction to ISO 45003 training course is recommended for:

- those with a responsibility for managing and ensuring the mental wellbeing of staff including HR, line managers and workers with OH&S responsibilities
- those with a responsibility for implementing or managing the OH&SMS
- auditors due to audit an OH&SMS which incorporates ISO 45003
- stakeholders who wish to understand ISO 45003

Key topics

Topics covered on the course include:

- Key definitions and clauses within ISO 45003
- Incorporating ISO 45003 within your OH&SMS
- Benefits of ISO 45003
- Identifying hazards and risks
- External and internal issues
- Identifying those exposed to risks
- OH&S Policy
- Roles and responsibilities
- Confidentiality
- Risk control measures
- Return-to-work programmes
- Continual improvement

Skills gained

Upon successful completion of this Introduction to ISO 45003 training course, delegates will:

- understand the benefits of implementing ISO 45003 within the workplace
- be able to confidently identify risks and hazards in the workplace which may negatively affect mental health
- understand how ISO 45003 can be used alongside ISO 45001 to improve the OH&SMS



Delegates will also receive a certificate of completion, in recognition of their new knowledge of Occupational Health and Safety Management Systems.

The tutor was fantastic, his knowledge was amazing, and his teaching style was probably the best I have had on a course. He was helpful, friendly, funny and approachable.

Home Office

Very engaging and knowledgeable Tutor. He was able to apply content to real life experience which helped our understanding of the various parts of the standard. I would highly recommend the tutor.

Macdermid Alpha

The tutor was very engaging and very knowledgeable in regard to the standard, also, he was able to adapt when explaining certain parts of the course to allow students to understand certain aspects.

Scottish Power

[Read our Health and Safety training course reviews](#)

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Bywater is the leading independent provider of professional management systems training in the UK.

Our expert training offers practical understanding of how to realise the benefits and assess the success of implementing and operating successful management systems.

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