# You're not alone: QMS is by your side

One of the things that sets us apart, here at QMS, is our commitment to stripping away the hassle and making things work for our customers on a day-to-day basis. We don't want to see our manuals sitting on shelves. We believe in simple, practical ways of working to bring reduced costs, improved efficiency and enhanced reputation.

The best part is that even after you've gained certification, we'll continue to support you at every step. We also offer a range of support, training and certification services, to help you:



Internal audits, management reviews,

handling non-conformances and keeping

your manual up to date can all seem a bit

daunting. Don't worry. We'll help you and

your team to manage every aspect of your

Occupational Health & Safety Management

System, in a way that gets the results you

need. We offer on-site training and host

training seminars at selected venues,

nationwide, throughout the year.

**Training** 

### **Support**

QMS can offer support to any organisation with an existing Occupational Health & Safety Management System in operation. Our support packages start from £49 per month and include an annual on-site visit, as well as telephone and email support. In addition to the standard support package you will gain membership to 'LAUNCHPAD', our online client portal for digital management of your ISO Manual and Certificates, where you can also access templates and video tutorials.



### Manual Compliance

If you have drafted your own manual, or used a consultant to draft it on your behalf, we offer a FREE desktop review. Subject to passing the review, a compliance audit will be arranged to ensure that the manual has been implemented correctly. If all goes to plan, we'll then present you with your certification.





# A CITATION COMPANY

Contact us today



QMS International, Muspole Court, Muspole Street, Norwich, NR3 1DJ





# Understanding **ISO 45001**

Implementing an Occupational Health & Safety Management System





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# What is ISO 45001?

An Occupational Health & Safety Management System sets out the ways that your organisation will control Health & Safety. This will focus on reducing and controlling health and safety risks, protecting employees and meeting legal obligations to reduce accidents, minimise legal action and enhance your reputation.

The ISO 45001 Standard sets out what is expected from a 'best practice' Occupational Health & Safety Management System. It enables an organisation to have control over, and knowledge of, all relevant Health and Safety hazards that could result from normal operations and can help to drive performance improvements. This gives you, your staff and your customers reassurance that Occupational Health & Safety Management best practice is being followed.

Accidents hurt, operating a safe working environment doesn't have to"

# What does ISO 45001 include?

The ISO 45001 Standard can be used by companies of all sizes, and in all sectors. It helps you to overcome a wide range of Health and Safety challenges, especially those faced by smaller companies.

By following this detailed Standard to create a methodical, tailored Occupational Health & Safety Management System, reviewing your organisation's performance and then implementing best practice processes, you will be able to identify hazards and reduce workplace incidents, cut related costs and enhance your reputation.

### **Context of the Organisation**

For your Occupational Health & Safety Management System to be relevant to your organisation and practical for the people responsible for operations you will need to determine all relevant internal and external issues.

You should also understand who may be affected by these issues and how, this means considering people outside of your organisation such as visitors and contractors.



# Support

This is all about practicing what you preach. That means providing the necessary resources to implement, run and control your Occupational Health & Safety Management System. This may mean the training of key staff, providing personal protective equipment, or communicating your goals to relevant parties.



You will need to set out the ways in which you plan to manage the safety of the people you are responsible for. Start by assessing your existing procedures, and identify any legal obligations. Then, detail how you will identify and react to emergency situations, hazards, risks and opportunities. Conducting, and recording, regular, formal Risk Assessments can play an important role in this.

# Leadership

It's important that you're working towards Occupational Health & Safety objectives in a practical, proven way. All roles and responsibilities need to be clearly communicated.

Your leadership team should take personal responsibility for the overall performance of your Management System making sure everyone has the resources they need to successfully run the Management System and meet your company's Health & Safety goals.



### **Performance Evaluation**

It is essential that you monitor and measure your Health & Safety performance. If you don't, how will you know if you've succeeded or not?

You need to be able to prove that you are not only able to collect evidence that proves your Management System is working, but that you can assess and evaluate it. This means setting out criteria for measuring performance and achieving targets.



### Planning

Whilst we don't want things to go wrong, it's important that you are prepared for change and react to this by adjusting your Management System accordingly. This might include setting out a clear plan for identifying, assessing and managing risks (such as processes, policies, procedures, programs, tools, and much more). This includes how you aim to communicate this activity to key contacts and the ways you manage documentation relating to this process.

#### Improvement

By continually monitoring, reviewing and defining opportunities for improvement, you'll stay one step ahead of future challenges. As a result, you will be continually seeking out new ways to improve your Occupational Health & Safety Management System. This ensures you're focused on the future and can drive continuing success.

# How can I get an ISO 45001 Management System to work in my business?

We understand that you've entered into this process because you're aiming for certification. To achieve this you need to be able to prove that you have the correct structure in place to meet the requirements of the Standard.

By working with a QMS Consultant, you will be able to achieve certification in less than 45 days. That's regardless of whether you have done this before or not.



# We have developed a simple, three stage certification process:



# Stage 1: Manual

We start by visiting your organisation to conduct what's called a 'gap-analysis'. This will highlight any changes that may need to be made so that your policies and procedures meet the requirements of the Standard. We will issue a report detailing these changes and with the information we gain on this visit your ISO 45001 compliant Manual can be created. One of our expert consultants can do this for you, or you can do it yourself, using a QMS template.



Now it is time to make sure those changes (if applicable). We can help you do this by providing templates and tutorial videos. We also offer unlimited telephone support, from 9.00am - 5.00pm, Monday to Friday.

#### Stage 3: Certification

In order for you to gain certification an accredited auditor must now visit your Organisation. They'll check that the documented processes in the manual are being followed, and that the necessary changes have been made. Providing all is in place you will be presented with your ISO 45001 Certification.

# With QMS this process can take less than 45 days



To ensure that your certification remains valid, your manual and processes must be checked on an annual basis. Therefore audits will be carried out around the anniversary of your certification date and during the agreed certification period, by an accredited auditor.