# ISO 45001 Occupational Health and Safety — study guide

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ISO 45001 is the international standard for occupational health and safety management. It gives a vessel or company a structured way to protect people at work. This guide covers what it requires of you and the everyday habits it drives.[1]

## Voluntary certification

Certification to the ISO 45001 standard is **voluntary** — it is a management-system standard, not a regulation, though it is built to align with legal duties.

## Employee responsibilities

As an employee you are responsible for considering safety when planning all jobs, no matter how small; complying with the requirements of work permits; stopping the job if you have any concerns over safety; and following all company policies and procedures.

## Everyday safety habits

To reduce your risk of injury, follow the same practical routine: familiarise yourself with safety signs, understand the common causes of workplace accidents, and wear the correct PPE. To reduce the risk of a slip, trip or fall, use dedicated walkways, hold onto the handrail on the stairs, keep the deck clean and uncluttered, and carry equipment in a specialist belt when climbing a ladder.

## The PDCA cycle

ISO 45001 is built on the **PDCA** cycle — Plan, Do, Check, Act — where the "**C**" stands for **Check**.

## Permit to work

A permit to work is required for high-risk tasks, including working on deck during adverse weather, conducting hot work, working aloft or outboard, and entering an enclosed space.

## Key facts to remember

- ISO 45001 certification is voluntary.
- You must: plan safety into every job, comply with permits, stop the job if concerned, follow policies.
- Slip/trip prevention: dedicated walkways, handrails, clean deck, specialist belt when climbing.
- Procedures: know the signs, understand common accident causes, wear the correct PPE.

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- PDCA: Plan, Do, Check, Act — "C" = Check.
- Permit to work: deck work in bad weather, hot work, working aloft/outboard, enclosed space entry.

## Sources

1. ISO 45001:2018 — Occupational health and safety management systems — Requirements with guidance for use.