

Mopex Consulting

H&S Framework



Operational Excellence, made measurable

Mopex Consulting Ltd

Mopex H&S Framework



Deliver a compliant, scalable, and auditable H&S Management System that protects people, meets legal obligations, and drives proactive safety culture.

Pre-Project Assessments



H&S Maturity Results and 90 Day Roadmap

H&S Maturity Results and 90 Day Roadmap

Maturity Score Results

Dimension	Current Level	Target Level	Gap	Priority	Owner	Notes
Policy & Governance	2	5	3	Low	Mopex Lead	Governance dashboard needed
Risk Assessment	2	5	3	Medium	Ops Lead	SPC rollout in progress
Legal Compliance	4	4	0	High	Analyst	Predictive modelling roadmap
Incident Management	3	4	1	Medium	QA Lead	ISO 9001 embedded
Training & Competence	3	4	1	High	Ops Lead	Toolkit standardisation
Monitoring & Review	2	5	3	Low	BI Lead	Power BI templates in dev
Culture & Engagement	0	4	4	Medium	Mopex Lead	Link to Benefits Tracker

90 Day Roadmap

Dimension	Score	Week 1-2	Week 3-4	Week 5-8	Target	Owner	Status	Notes
Legal Compliance	2	Conduct defect analysis	Launch CAPA training	Build SPC dashboard	Reduce defect rate by 25%	Ops Manager	<input type="checkbox"/>	
Training & Competence						Digital Lead	<input checked="" type="checkbox"/>	
Risk Assessment							<input type="checkbox"/>	



H&S Maturity Scoring Card

H&S Maturity Scoring Card

Dimension	Dimensions Overview	Score	Description
1	Policy & Governance	1	No formal H&S structure, reactive response
2	Risk Assessment	2	Basic H&S elements in place, limited consistency
3	Legal Compliance	3	Documented processes, some proactive measures
4	Incident Management	4	Measured, governed, actively improved
5	Training & Competence	5	Embedded H&S culture, scalable systems
6	Monitoring & Review		
7	Culture & Engagement		

Full Scoring Tables

Policy & Governance

- 1 No H&S policy, unclear responsibilities
- 2 Basic policy exists, limited governance
- 3 Policy documented, roles assigned, reviewed periodically
- 4 Governance structure active, policy drives decisions
- 5 Policy embedded, governance culture proactive and strategic

Score

-
-
-
-
-

Risk Assessment

- 1 No risk assessments, hazards unmanaged
- 2 Basic assessments exist, not regularly updated
- 3 Risk assessments documented, reviewed periodically
- 4 Risk assessments embedded in operations, controls in place
- 5 Dynamic risk management, proactive hazard mitigation

Score

-
-
-
-
-

Legal Compliance

- 1 No awareness of legal duties, non-compliance risk

Score

-

Mopex H&S Maturity Level Scoring

Disclaimer

Score	Level	Interpretation
1	Initial	No formal H&S structure, reactive response
2	Emerging	Basic H&S elements in place, limited consistency
3	Defined	Documented processes, some proactive measures
4	Managed	Measured, governed, actively improved
5	Optimised	Embedded H&S culture, scalable systems

H&S Dimension	Score [1-5]	Notes / Evidence	Recommended Action
Policy & Governance	3		
Risk Assessment	2		
Legal Compliance	2		
Incident Management	4		
Training & Competence	3		
Monitoring & Review	3		
Culture & Engagement	2		



Mopex H&S Implementation Project Framework

Purpose: Deliver a compliant, scalable, and auditable H&S Management System that protects people, meets legal obligations, and drives proactive safety culture.

Use Cases	Service Description
ISO 45001 implementation	<ul style="list-style-type: none"> ◊ Phase 1. Diagnostics and GAP Analysis
Legal and regulatory compliance uplift	Purpose: Assess current state against standards and best practices.
Contractor and site safety management	<ul style="list-style-type: none"> ◊ Phase 2. System Design
Integration with QMS, ESG, or operational frameworks	Purpose: Build the structure, policies, and procedures.
Safety culture transformation	<ul style="list-style-type: none"> ◊ Phase 3. Implementation and Training
	Purpose: Deploy systems and build capability.
	<ul style="list-style-type: none"> ◊ Phase 4. Monitoring and Control
	Purpose: Ensure systems are working and sustained.
	<ul style="list-style-type: none"> ◊ Phase 5. Certification and Continuous Improvement
	Purpose: Prepare for external audits and embed CI.

Mopex H&S Toolkit (Suggested Assets)

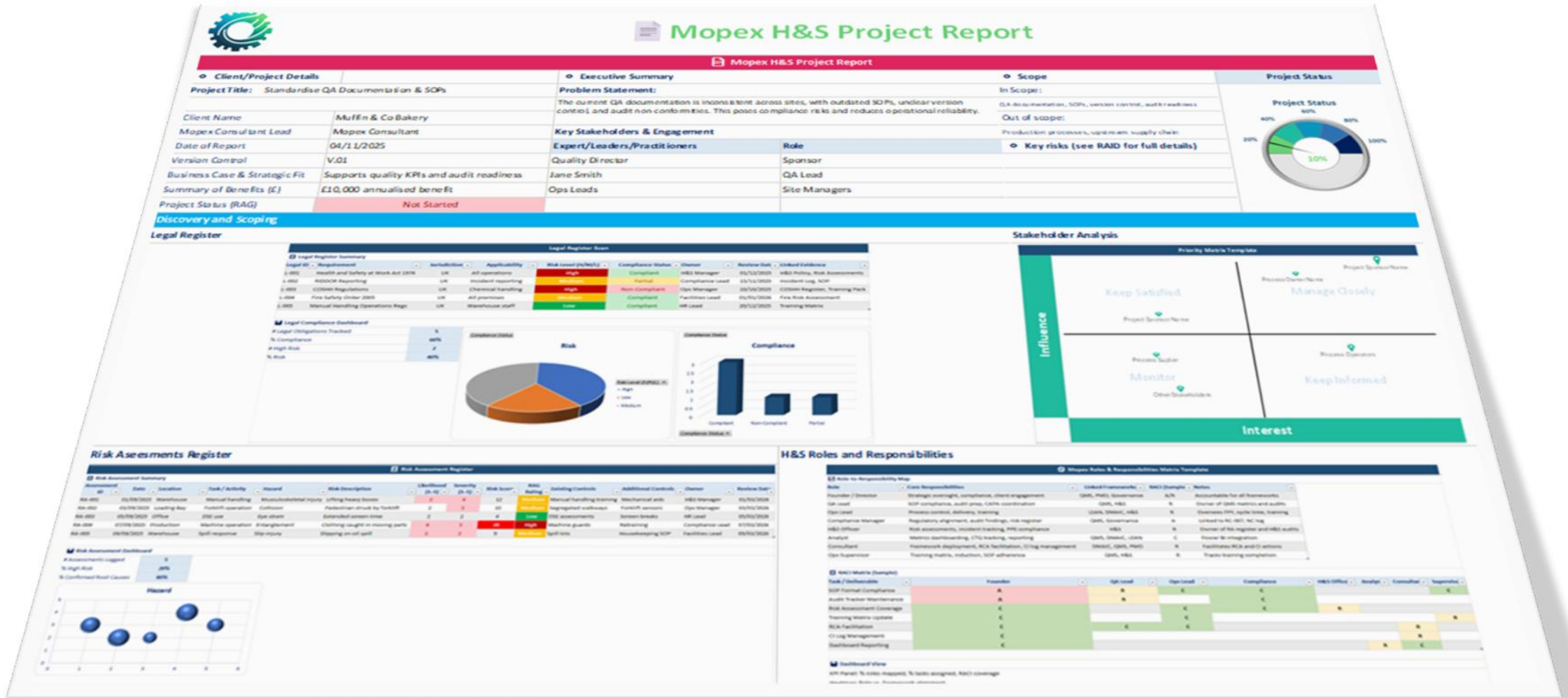
Asset	Format	Purpose
H&S Diagnostic Checklist	Excel	Assess current compliance status
Risk Assessment Template	Word/Excel	Identify and control hazards
SOP Template Pack	Word/Excel	Standardise documentation
Legal Register Template	Excel	Track applicable legislation
Training Matrix & Tracker	Excel	Map and monitor competencies
KPI Dashboard	Excel/Power BI	Visualise safety performance
Audit Evidence Pack	Word/Excel	Prepare for certification
Management Review Slide Deck	PowerPoint	Present H&S performance and risks
Certification Checklist	Word/Excel	Validate readiness for audit

H&S Project Tracking Documents linked to Dashboard

The image displays a collection of interconnected project management documents and dashboards for the Mopex H&S project. The documents are as follows:

- Mopex H&S Project Charter:** Section 1: Project Definition (Project Title: Improve Safety Compliance in Packaging Line, Sponsor: Client H&S Director, Project Lead: Mopex Consultant, Start Date: 20/04/2026, Target Completion: 10/06/2026). Section 2: Problem Statement (The packaging line has recurring safety non-conformities, including poor PPE adherence, unclear signage, and outdated risk assessments. This increases the likelihood of incidents and audit failures).
- Mopex Business Case:** Business Case Summary (Project Name: Improve Safety Compliance in Packaging Line, Problem Statement: The packaging line has recurring safety non-conformities, including poor PPE adherence, and outdated risk assessments. This increases the likelihood of incidents and audit failures. Goal Statement: Reduce safety incidents ≤ 1/month. Scope: Packaging line, PPE compliance, signage, risk assessments, SOPs).
- Mopex Benefits Tracker & ROI Model:** Benefits Tracker Register (Benefit ID: B-001, Initiative: Reduce safety incidents ≤ 1/mon, Domain: H&S, Forecasted Benefit (£): £10,000.00, Actual Benefit (£): £0.00, Owner: Ops Lead). ROI Forecast Model (ROI ID: ROI-001, Initiative: Reduce safety incidents ≤ 1/mon, Forecasted Benefit (£): £10,000.00, Implementation Cost (£): £6,400.00, Net ROI (£): £3,600.00, Payback Per (Months): 7.7).
- Mopex Project Progress Chart:** Company Name: Muffin & Co Bakery, Project Name: Reduce Rework in Assembly Line A, Project Start Date: 20/04/2026, Project End Date: 10/06/2026, Days (Net): 38. Task Description, Category, Owner, Status, and Progress are tracked.
- Mopex H&S Metrics Register:** H&S Metrics Register table with columns: Metric ID, Metric Name, Phase, Category, U.O.M, Target, Actual, Status, Owner, Notes. Metrics include Incident Reporting Rate, Audit Pass Rate, and Risk Assessment Coverage.
- Mopex Risk Register:** Risk Register table with columns: Risk ID, Description, Impact (1-5), Likelihood (1-5), Risk Score, Owner, Mitigation Strategy, Status, Notes / Updates. Risks include Schedule delay, Compliance issues, and Technical integration.
- Mopex Issue Register:** Issue Register table with columns: Issue ID, Category, Description, Impact (1-5), Urgency (1-5), Priority Score, Owner, Resolution Strategy, Status, Notes / Updates. Issues include Compliance, Mitigation, and Open items.
- Mopex Lessons Learned Log:** Log of lessons learned from the project.
- Mopex H&S Project Report:** Client/Project Details, Executive Summary, Problem Statement, Scope, and Project Status.
- Mopex H&S Project Overview Dashboard:** A comprehensive dashboard showing Project Status (10% complete), Benefits E (Total Forecasted: £10,000.00, Total Realised: £0.00, Net ROI: £3,600.00), Project Timeline, Risks (5 total), and Metric Status (33% on track).

H&S A3 Project Reporting



Some H&S Project Tools

Mopex Legal Register Scan Template

Legal ID	Requirement	Jurisdiction	Applicability	Risk Level (H/M/L)	Compliance Status	Owner	Review Date
001	Health and Safety at Work Act 1974	UK	All operations	High	Compliant	H&S Manager	01/12/2025
002	RIDDOR Reporting	UK	Incident reporting	Medium	Partial	Compliance Lead	15/11/2025
003	COSHH Regulations	UK	Chemical handling	High	Non-Compliant	Ops Manager	10/10/2025

Mopex Risk Assessment Register Template

Assessment ID	Date	Location	Task / Activity	Hazard	Risk Description	Likelihood (1-5)	Severity (1-5)	Risk Score
A-001	01/09/2025	Warehouse	Manual handling	Musculoskeletal injury	Lifting heavy boxes	3	4	12
A-002	03/09/2025	Loading Bay	Forklift operation	Collision	Pedestrian struck by forklift	2	5	10
A-003	05/09/2025	Office	DSE use	Eye strain	Extended screen time	2	2	4
A-004	07/09/2025	Production	Machine operation	Entanglement	Clothing caught in moving parts	4	5	20

Mopex H&S Internal Audit Template

Audit ID	Date	Area	Auditor	Audit Type
ISA-001	01/09/2025	Warehouse	QMS Lead	PPE & Manual Handling
ISA-002	03/09/2025	Production	Compliance Lead	Machine Safety
ISA-003	05/09/2025	Office	Facilities Lead	Fire Safety & DSE
ISA-004	07/09/2025	Loading Bay	Ops Manager	Vehicle & Pedestrian Safety

Mopex Accident Register Template

Accident ID	Date	Location	Type	Description	Severity (1-5)
ACC-001	01/09/2025	Warehouse	Slip	Operator slipped on wet floor	3
ACC-002	03/09/2025	Production	Cut	Technician cut hand on blade	4
ACC-003	05/09/2025	Office	Trip	Admin tripped over cable	2
ACC-004	07/09/2025	Loading Bay	Crush	Loader foot caught under pallet	5
ACC-005	09/09/2025	Warehouse	Burn	Operator burned by hot surface	3

Accident Drivers

Accident ID	Root Cause	Validation Method	Status	Linked Tool
ACC-001	Wet floor, no signage	Site inspection	Confirmed	SOP Tracker
ACC-002	Inadequate guarding	Audit review	Pending	Machine Safety SOP
ACC-003	Poor cable management	Office walkthrough	Confirmed	Facilities Log
ACC-004	Unsafe pallet stacking	Interview	Pending	Loading SOP
ACC-005	Lack of PPE awareness	Training audit	Confirmed	Training Matrix

Accident Dashboard

KPI Panel: # accidents logged, % high-severity, % CAPAs triggered, top 3 recurring causes
 Heatmap: Accident frequency by location and type
 Bubble Chart: Severity vs Treatment Type by category
 Trend Chart: Monthly accident volume
 Slicers: Filter by location, type, severity, injured person, CAPA status

Mopex Fire Risk Assessment Log Template

Assessment ID	Date	Location	Assessor	Key Hazards	Risk Rating (H/M/L)	Recommended Action	Status	Review Date	Owner	Comments
IRA-001	01/09/2025	Warehouse	Sarah Jones	Flammable storage	High	Relocate and label	Open	01/03/2026	H&S Manager	"Urgent action"

Mopex COSHH Control Register Template

Substance ID	Name	Location	Hazard Type	Risk Level (H/M/L)	SDS Available	Control Measures	PPE Required	Owner	Review Date
COSHH-001	Acetone	Production	Flammable	High	Yes	Ventilation, spill kits	Gloves, goggles	Ops Manager	01/03/2026
COSHH-002	Sodium Hydroxide	Warehouse	Corrosive	High	Yes	Secure storage, signage	Gloves, face shield	H&S Manager	01/03/2026
COSHH-003	Ethanol	Lab	Flammable	Medium	Yes	Fume hood, training	Gloves	Compliance Lead	01/03/2026

Mopex Work Equipment Register Template

Equipment ID	Name	Location	Type	Risk Level (H/M/L)	Inspection Frequency	Last Inspected	Next Due	Owner	Status	Comments
EQ-001	Forklift Truck	Loading Bay	Mobile Plant	High	Monthly	01/09/2025	01/10/2025	Ops Manager	Open	"Inspection passed"
EQ-002	Hydraulic Press	Production	Fixed Machinery	High	Monthly	03/09/2025	03/10/2025	Compliance Lead	Open	"Guarding reviewed"

Mopex Electrical Safety Control Template

Control ID	Location	Asset	Type	Risk Level (H/M/L)	Inspection Frequency	Last Checked	Next Due	Owner	Status	Comments
ESC-001	Warehouse	Distribution Board	Fixed Wiring	High	Annual	01/03/2025	01/03/2026	Facilities Lead	Open	"EICR logged"
ESC-002	Office	DSE Workstation	Portable Appliance	Low	Biennial	10/06/2024	10/06/2026	HR Lead	Open	"PAT passed"
ESC-003	Production	Hydraulic Press	Fixed Wiring	High	Annual	03/09/2025	03/09/2026	Compliance Lead	Open	"Guarding circuit tested"
ESC-004	Loading Bay	Forklift Charger	Portable Appliance	Medium	Annual	05/09/2025	05/09/2026	Ops Manager	Open	"Cable replaced"
ESC-005	Admin	Printer	Portable Appliance	Low	Biennial	09/09/2024	09/09/2026	Facilities Lead	Open	"PAT label updated"

Electrical Safety Dashboard

KPI Panel: # assets logged, % inspections completed, % high-risk controls, top 3 overdue items
 Heatmap: Electrical controls by location and type
 Bubble Chart: Risk Level vs Inspection Frequency by asset category
 Trend Chart: Monthly inspection completion rate
 Slicers: Filter by location, type, owner, risk level, status

Mopex H&S Framework



Mopex H&S Project Deliverables

Mopex Health & Safety Project Framework

Phase	Element	Description	Check
<i>Discovery and Scoping</i>			
Phase 1	H&S Diagnostic Checklist	Assess current state vs ISO 45001 and legal duties	<input type="checkbox"/>
	Scope Definition	Sites, roles, exclusions	<input type="checkbox"/>
	Stakeholder Map	Roles, influence, engagement strategy	<input type="checkbox"/>
	Legal Register	Identify applicable legislation and duties	<input type="checkbox"/>
	Implementation Charter	Timeline, resources, success criteria	<input type="checkbox"/>
<i>System Design</i>			
Phase 2	Risk Assessment Template	Hazard identification and control measures	<input type="checkbox"/>
	H&S Policy & Objectives	Strategic alignment and measurable goals	<input type="checkbox"/>
	SOP Template Pack	Standardised format for safety procedures	<input type="checkbox"/>
	Roles & Responsibilities Matrix	Accountability and escalation logic	<input type="checkbox"/>
	Document Control Register	Versioning, access, retention logic	<input type="checkbox"/>
<i>Build and Deploy</i>			
Phase 3	Training Matrix	Role-based competency mapping	<input type="checkbox"/>
	Induction Pack	Site and role-specific onboarding	<input type="checkbox"/>
	Communication Plan	Internal rollout strategy	<input type="checkbox"/>
	H&S Portal Setup	Notion/SharePoint/Excel-based system	<input type="checkbox"/>
	Internal Audit Schedule	Pre-certification readiness checks	<input type="checkbox"/>
<i>Monitoring and Improve</i>			
Phase 4	KPI Dashboard	Safety metrics (e.g. near misses, incidents)	<input type="checkbox"/>
	Incident Log	Issue tracking and resolution	<input type="checkbox"/>
	Corrective Action Tracker	Root cause and closure status	<input type="checkbox"/>
	Management Review Pack	Clause 9.3 compliance and insights	<input type="checkbox"/>
	Continuous Improvement Log	Captured opportunities and actions	<input type="checkbox"/>
<i>Audit and Certification</i>			
Phase 5	Audit-Ready Evidence Pack	Clause-by-clause documentation	<input type="checkbox"/>
	External Audit Tracker	Findings, actions, closure status	<input type="checkbox"/>
	Certification Checklist	Final readiness validation	<input type="checkbox"/>
	Lessons Learned Log	Post-audit insights and improvement areas	<input type="checkbox"/>
	Handover & Sustainment Plan	Ownership, updates, and long-term governance	<input type="checkbox"/>

Mopex H&S Framework

H&S Project Pricing

Mopex Health & Safety Project Framework				
Fixed Fee Model	Deiverables	Duration (W)	Tier Range	Price Range
OpEx Lite	Diagnostic + Roadmap	2–4	Bronze	£2,280–£3,800
OpEx Core	ISO 45001 H&S System	6–12	Gold	£11,400–£19,000
OpEx Plus	Core + Training + Dashboard + H&S Setup	6–16	Platinum	£19,000–£30,400+
OpEx Enterprise (Retention)	Monthly H&S CI Governance	TBC	TBC	TBC
Milestone Model	Deliverables	Timing	% of Total Fee	Price/Miletone
Kickoff & Risk Review	Risk assessments, legal register, H&S policy	Week 1–2	20%	OpEx Core Package Example £11,400.00
System Setup	Procedures, checklists, training matrix	Week 3–5	25%	
Implementation	Site audits, toolbox talks, compliance actions	Week 6–8	25%	
Monitoring & Close	Monitoring plan, incident log, handover	Week 9–10	20%	
Bonus ROI Pack	ROI forecast, H&S dashboard, comms assets	Optional	10%	
Month Model	Deliverables	Timing	Fee (£)	
Month 1	Risk register, hazard matrix, control hierarchy	1	£7,600.00	
Month 2	Induction packs, training modules, ISO 45001 alignment	1	£3,800.00	
Month 3	Final walkthrough, compliance dashboard, handover	0	£0.00	

Mopex ROI Forecast Model for H&S Projects

Mopex ROI Forecast Model for Health & Safety (H&S) Projects, it's designed to quantify the financial and operational impact of implementing Mopex H&S frameworks—covering risk mitigation, compliance, and workforce wellbeing

1. Cost Inputs

Category	Typical Range
Mopex Implementation Fees	£20,000–£45,000 (fixed or day rate)
Internal Resource Allocation	80–200 hours (client-side)
Tooling & Digital Assets	£3,000–£10,000 (Notion, Power BI, Mopex templates)
Training & Awareness	£2,000–£6,000 (toolbox talks, induction packs)
Audit & Certification	£2,000–£8,000 (ISO 45001, CHAS, SafeContractor)

2. Value Drivers

Driver	Mopex Impact Range
Incident Reduction	40–80% fewer reportable incidents (RIDDOR)
Compliance Risk Mitigation	£10k–£250k avoided exposure (fines, litigation)
Insurance Premium Reduction	5–15% lower premiums post-certification
Productivity Uplift	5–20% improvement due to fewer disruptions
Audit Readiness Acceleration	2–4 months faster certification
Reputation & Tender Advantage	Qualify for more contracts (public/private sector)

3. Example ROI Scenarios

Scenario	Cost (£)	Value (£)	ROI (%)
SME, ISO 45001 certification	£30,000	£110,000	267%
Mid-size, H&S + QMS integration	£50,000	£190,000	280%
Enterprise, multi-site H&S rollout	£70,000	£270,000	286%

Mopex H&S Master Document Control

Document Control

Documents Logged: 25

Active Documents: 22

N Active: 2

Draft/Review: 0

Process Owner: H&S Manager

Status: Active

Location: All Site

Document Status

Mopex H&S Risk Assessment Analysis

Risk Assessment Analysis

Total Assessments: 43

% Monitored: 91%

To Be Actioned: 3

Top Ten Risks Ave.: 6.4

Risk Rating: 6.4

Risk Status: 19

Location: All

Department: All

Action Req.: Action

Mopex H&S Internal Audit Analysis

H&S Internal Audit Analysis

Audits: 5

% Complete: 60%

Health & Safety Practices: 81%

Health & Safety Records: 75%

Overall Score: 78%

Audit NCR's: 0

% NCR's Comp: 0%

Area: Office

Date: 11/09/2023

NCR Status: Closed

Current Health: 78%

Mopex Training and Induction Analysis

Training and Induction Analysis

Trainings Log: 0

% Certified: 0%

Top 3 NCR's: Gloves stored, Staff unaware, Guard missing

Mopex Incidents and First Aid Analysis

Incident and First Aid Analysis

Incidents: 5

RC Confirmed: 60%

Open Incidents: 2

Severity Ave.: 3.4

Top 3 Severity: Faulty sensor, Improper chemical storage, Wet floor, no signage

First Aiders: 5

Top 3 Responders: Sarah Jones (2), Tom Ray (1), Jane Doe (1)

Next Cert. Expiry: 0

Incidents By Area: Warehouse (5), Office (0), Production (0), Loading Bay (0)

Category: Chemical

First Aid Logged: 5

Emergency Care: 20%

First Aiders Distribution: 100%

Mopex Fire Safety Analysis

Fire Safety Analysis

Risks Assessed: 5

% High Risk: 60%

% Actions Closed: 20%

% FRA Within Date: 60%

Risks by Location: Warehouse (20%), Office (20%), Production (20%), Loading Bay (40%)

FRA Review Status: 1

Fire Drills: 5

Participants: 17

Mopex COSHH Analysis

COSHH Analysis

Risks Assessed: 5

% SDS Available: 80%

% High Risk: 40%

Hazards: 20%

Risk Levels: 2

COSHH By Area: Warehouse (100%), Loading Bay (0%)

Mopex Work Equipment Analysis

Work Equipment Analysis

Work Equipment: 0

WE Training: 0

Maintenance: 0

LOSER Tests: 0

PUPWER: 0

OSSE Workstation: 0

Mopex Health, Safety and Welfare Analysis

Health, Safety and Welfare Analysis

Mopex Health & Safety Management System

Health & Safety Management System

Risk Assessment Analysis: Total Assessments: 43, % Monitored: 91%, Risk Rating: 6.4

H&S Audits Analysis: Audits: 5, % Complete: 60%, Current Health: 78%

Incidents Analysis: Incidents: 5, RC Confirmed: 60%, Open Incidents: 2, Severity Ave.: 3.4

Incidents By Area: Warehouse (5), Office (0), Production (0), Loading Bay (0)

Fire Risk Analysis: Risks Assessed: 5, % High Risk: 60%, % Actions Closed: 20%, % FRA Within Date: 60%

Risks by Location: Warehouse (20%), Office (20%), Production (20%), Loading Bay (40%)

Central Dashboard: Health & Safety Management System