

5S 1 day / 2 days

Five steps, one powerful habit, lasting results.

Every improvement journey starts somewhere. Most start with 5S, one of the most powerful and visible tools in the Continuous Improvement toolkit.

5S is a structured approach to workplace organisation that creates the conditions for efficiency, quality, and Continuous Improvement to thrive. This hands-on workshop gives participants a thorough grounding in the 5S methodology: Sort, Set, Shine, Standardise, Sustain, and the practical skills to implement and embed it in their own workplace.

Our approach goes beyond the mechanics of 5S, exploring the cultural and behavioural shifts needed to make improvements stick. Participants will learn how to engage teams, overcome resistance, and create the conditions for lasting impact. Practical and hands-on, this programme takes learning directly to the gemba, making change happen in the moment, not in the classroom.

What You'll Learn

By the end of the programme, you will be able to:

- Explain the origins, principles, and purpose of 5S within a Lean and Continuous Improvement context
- Apply each of the five stages systematically to a workplace or process area
- Plan and facilitate a 5S implementation, from initial sort through to sustained standards
- Develop visual management techniques to support organisation and standardisation
- Engage, respect, and motivate teams to participate in and maintain 5S improvements
- Identify common pitfalls and how to avoid them
- Measure and communicate the impact of 5S activity
- See a difference in your work environment

Delivery Format

- In-company delivery (on-site or virtual)
- Tailored to align with your industry, internal standards, processes, and systems
- Typically delivered over one to two days, with flexible duration to suit your group
- Lively and practical application of learning in real time in the place the work gets done

Who Should Attend?

This course is ideal for:

- Team leaders, supervisors, and managers responsible for workplace or operational performance
- Continuous Improvement and Lean practitioners looking to add to or deepen their 5S expertise
- Those new to 5S who want a solid, practical foundation to build from, or practitioners seeking to refresh or reinvigorate their knowledge

- Organisations looking to relaunch or strengthen an existing 5S programme
- Those who want to go beyond the tools and ground their approach in people, culture, and behavioural change
- No prior Lean or CI experience is required for the one-day programme. The two-day option suits those ready to move quickly from learning into doing

Why Choose This Course?

5S is one of the most familiar tools in the Lean and Continuous toolkit, but it is also one of the most poorly taught. Too often it is reduced to a checklist, a one-off blitz, or a set of laminated signs that nobody follows. Our approach is different.

Expect a learning experience that is genuinely energising and motivational, bringing 5S to life in a way that is practical, people-centred, and immediately actionable. We go far beyond the mechanics to explore the human side of workplace organisation. If you have never encountered 5S before or have tried and struggled to make it stick, our programme will change the way you see it.

Course Content

- The programme introduces the foundations of 5S, what it is, and what it's not. We also explore why it matters, common myths and misconceptions, and the reasons why 5S initiatives fail.
- We address the 5S stages in depth:
 - Sort: identifying and eliminating what doesn't belong
 - Set in Order: designing logical, intuitive layouts that work for the people using them
 - Shine: more than just housekeeping!
 - Standardise: creating visual standards that are easy to follow and hard to ignore
 - Sustain: building habits, routines, and accountability that make 5S stick
- The human side of 5S is a major focus, with our sessions engaging teams at the gemba, involving people rather than imposing on them. We address building a culture of ownership and pride, and the behaviours that could support or undermine 5S.
- Planning and running a 5S event is included, featuring a 5S assessment and practical 5S activities with the team. Sustaining and scaling 5S, and measuring and communicating impact are woven throughout, ensuring you leave with the confidence and passion to lead 5S with conviction.

Why Choose Catalyst?

Catalyst delivers results, not just services. We blend consulting, coaching, training, and AI-powered tools into a seamless support system that meets teams where they are, developing capability at every level.

Thousands trust us to support their learning and continuous improvement journeys. With over 30 years' experience in performance improvement training and consultancy, we make complex concepts practical, accessible, and engaging. Our short courses in quality and improvement tools are designed by experienced practitioners, ensuring content that is relevant and immediately applicable. We combine deep expertise with interactive delivery to help participants confidently apply what they learn. Catalyst is accredited by the British Quality Foundation and the Lean Competency System (LCS), and is recommended by the Chartered Quality Institute.