

Toolbox Talk

44. Lone Working



What?

- Lone workers are those who work by themselves without close or direct supervision - for example where only one person works in the premises, e.g. small workshop, petrol station, kiosks, shops or someone who works outside normal hours with no one else around
- It would also apply to people who visit client premises to undertake work where the activity is in a remote part of the site or country

Why?

- People who work alone are at risk if something happens to them and there is no way of summoning help
- It is important to identify those who work alone and to find out if the workplace presents special risks. The best way to do this is to assess the risk and to decide on the right level of supervision
- Regular communication with lone workers helps to reduce the risk by checking that they are safe



Do

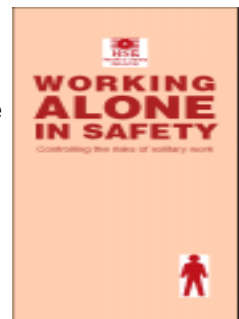


- ✓ Maintain regular contact with your supervisor using telephone, radio or other communication method
- ✓ Check that a risk assessment has been carried out on lone working activities
- ✓ Report any unsafe conditions immediately so that action can be taken quickly to address the issue
- ✓ Follow site rules and local procedures to avoid placing yourself at risk

Don't



- ✗ Work alone if you have a medical condition or are taking medication which can affect the way you work
- ✗ Take unnecessary risks
- ✗ Work alone unless you understand the risks associated with your work and the necessary safety precautions are carried out.
- ✗ Forget to maintain regular contact to let people know you are safe



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