



The Lone Workers

Why This Matters

Lone workers face higher risks because help may not be immediately available during emergencies. Proper planning and communication are essential to protect their safety.

Common Causes

- Working in isolated or remote locations
- Lack of regular communication or supervision
- Inadequate emergency response plans
- Limited access to first aid or assistance

Practical Safety Actions

- Assess risks before assigning lone work tasks
- Maintain regular check-ins and communication
- Provide lone workers with emergency contact devices
- Ensure workers are trained to handle emergencies
- Have clear procedures for emergency response

Proper planning and communication help ensure lone workers stay safe at all times.

