

## LONE WORKING

DO YOU EVER WORK ALONE? REMOTE LOCATIONS? OUT OF HOURS?

WHAT WOULD HAPPEN IF YOU HAD A PROBLEM? WHO WOULD KNOW, WHO WOULD HELP?

DON'T WAIT UNTIL YOU ARE IN THAT POSITION, THINK ABOUT IT NOW AND HAVE A PLAN.

- Know the specific hazards of the location and the task you have to complete.
- We do not permit lone workers to:-
  - work at height
  - operate hazardous plant or equipment
  - enter confined spaces
  - enter areas with insufficient lighting
- Do others know where you are and when you will return?
- Ensure you have a means of communication to summon assistance in the event of an accident/emergency.
- Ensure your means of communication works - if a mobile phone, network coverage, battery charged?
- You need to have covered all of the above - if not, don't work alone.

### QUESTIONS:

- 1 What are the possible situations on this site, which may result in you working alone?
- 2 What are the arrangements at this site?