
WORKSAFE

► Work Safer - Working Alone (General Information to Consider)

A person is "alone" at work when they are on their own; when they cannot be seen or heard by another person; and when they cannot expect a visit from another worker.

While it is not always hazardous to work alone, it can be when other circumstances are present. Whether a situation is a high or low risk will depend on the location, type of work, interaction with the public, or the consequences of an emergency, accident, injury, etc. This wide variety of circumstances makes it important to assess each situation individually. Risk is increased if workers are working at heights, with electricity, with hazardous substances or materials, with hazardous equipment such as chainsaws or firearms, with materials at great pressure, or with the public, where there is a potential for violence.

To help a lone worker stay safe, be aware with the OHS regulations (Section 15) regarding working alone. There are also many steps that can be taken to help ensure the safety of the lone worker. These include:

- Assess the hazards of your workplace.
- Talk to your co-workers. Get their input about work hazards and possible solutions.
- Make sure incidents at your workplace are reported and investigated.
- Participate in any training and education about workplace safety and working alone.
- Report all situations, incidents or 'near misses' where being alone increased the severity of the situation.
- Establish a check-in procedure. Make sure that have a system of regular contact with someone.
- Schedule higher risk tasks to be done during normal business hours, or when another worker capable of helping in an emergency is present.

Adapted from: [CCOHS, Violence in the Workplace Prevention Guide](#)

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