

Do You Know When You're Working Alone?

It's the holiday season, which means that with vacations, days in lieu, and the New Year, the workforce is likely to be spread thin, and you're likely to work alone at least once.

Learn how to tell if you're a lone worker!

What is working alone?

Working alone means that you're working under circumstances where assistance isn't readily available in the event of an injury, illness, or emergency.

Whether or not you're working alone depends on three factors:

The **awareness** **willingness** & **timeliness** of others

Ask yourself...

Are other people in my viewing or hearing range? Are those people aware of my need for help in an emergency?

Can you get the attention of a capable person by:

- Staying within the visual and hearing range of others
- Being continuously monitored by remote surveillance cameras
- Sounding an alarm
- Making frequent contact with other people throughout the work period

Are those people willing to provide help? Will their help be useful?

Do the people who may be around you have:

- Telephone or communication device access
- Specialized skills (e.g., confined space entry training)

Will those people be able to help in a reasonable time-period? How long will it take to respond to an emergency?

The timeliness of a person's response depends on:

- The nature of the illness, injury, or emergency
- The physical location of the worksite and the lone worker
- The type of work being done
- The task's risk level

If you answered **NO** to any of these questions, you're **Working alone**

Remember!
Working Alone Plans
Can help you stay safe

Always be prepared and have a plan in place. These plans have:

- Check-in procedures
- Lone work procedures
- Communication device lists

Being prepared is the first step to staying safe.