WORKING ALONE & WORKPLACE INJURIES

Working alone, also known as lone working, is generally safe and legal, but it can carry risks. To reduce the risk, employers and employees can take steps to ensure safety, including:

- Risk assessment: Before starting work, conduct a risk assessment to determine if the work is safe to do alone.

- Safety policy: Create a safety policy that includes procedures for before, during, and after work.

- Training: Ensure employees are properly trained and experienced to work alone.

- Emergency preparedness: Provide regular emergency preparedness training.

- Equipment: Provide employees with the necessary equipment, such as personal protective equipment (PPE).

- Check-in: Establish a check-in procedure with a contact person at the office.

- Buddy system: Implement a buddy system, such as an in-person buddy, semi-in-person buddy, or live remote buddy.

- Work plan: Create a daily work plan that includes where and when the employee will be.

- Code word: Choose a code word to confirm that help is needed.

- First aid kit: Carry a basic first aid kit.

- Emergency exits: Know the location of emergency equipment and escape routes.

Working alone can cause stress and affect mental health. Being away from colleagues and managers can make it difficult to get support.

Remember, safety begins with training. The key to your overall safety program is to provide safety training and to document the training. OSHA & MSHA will tell all employers, "If it wasn't documented, it didn't happen."

ADDITIONAL RESOURCES

https://www.osha.gov/laws-regs/regulations/standardnumber/1915/1915.84

https://weeklysafety.com/blog/job-safety-working-alone

https://www.ecoonline.com/en-us/blog/lone-worker-law#:~:text=Is%20it%20legal%20to%20work,working%20should%20not%20be%20permitted.

https://ehs.stanford.edu/subtopic/working-alone-guidance

https://www.ccohs.ca/oshanswers/hsprograms/alone/workingalone.html

https://www.reportit.com/reportit-solutions/safety-app/?utm_term=lone%20worker&utm_campaign=Report+It+Campaign&utm_source=adwords&utm_medium=ppc