

Lone Worker: Concerns

Lone workers face the same hazards as other workers, but they are at greater risk due to their isolation. It's important that you understand these risks so that you can prepare to work safely.

What Is Lone Work?

Lone workers:

- Aren't closely or directly supervised
- May be unable get immediate assistance
- May also be called remote or isolated workers

Lone workers may be isolated by time, distance or area configuration. Being a lone worker simply means that, at some point, your work isolates you from others.

Some examples of lone workers include:

- Utility field service technicians
- Drivers and delivery people
- Overnight workers
- Surveyors
- Agricultural and forestry workers
- Realtors
- Remote workers or telecommuters

Some jobs present such a high level of risk that **no one** should do them while isolated in terms of time, distance or area configuration. Examples include:

- Work in permit-required confined spaces
- Work near energized electrical conductors
- Diving operations
- Using vehicles to transport explosives or fumigation materials
- Elevated work that requires fall arrest equipment

Health and Safety Risks

Lone workers face the same health and safety hazards as anyone else. They face greater risks because they may not have anyone to assist them or help them if things go wrong. Lone work means that there is no one else to assist with tasks such as lifts, identify avoidable dangers, or provide aid and notify others of an incident.

Time isolation could result in working alone in dangerous situations, such as when a worker is alone in a building when a fire starts in another room.

Distance isolation could result in having difficulty getting new equipment, tools and materials when unplanned situations arise, such as an unexpected repair.

Area configuration isolation could result in people not realizing others are in danger or distress right away, such as being stuck in a walk-in freezer.

It's **critical** that lone workers think about everything that can go wrong and plan accordingly.