

TAKE 5

Five Minute Safety Talks



Lone Worker Safety

Working alone is not always hazardous. The degree of risk depends on the location, type of work, or consequences of an emergency, incident, or injury. According to the Canadian Center for Occupational Health and Safety, “a person is “alone” at work when they are on their own, and when they cannot be seen or heard by another person.” Examples of high-risk activities relating to “lone workers” may include:

- Working at heights while using fall protection systems.
- Working in confined spaces.
- Working with electricity that cannot be placed in a “zero energy state.”
- Working with hazardous chemicals such as fumigants or anhydrous ammonia.
- Working with or in close proximity to hazardous equipment.
- Working in extreme temperatures or severe weather.
- Operating mobile equipment (off road/on road).
- Working over water (barge/vessel loading).
- Any work requiring ventilation, air monitoring, and/or respiratory protection.

When “lone work” is required consider the following:

- Require the use of the “buddy system” for high-risk activities like those listed above.
- Install camera systems in areas where employees routinely work alone. The systems can be monitored from an office or control room.
- Implement routine “check-in” protocols. For example, a supervisor contacts a lone worker by radio at predetermined intervals.
- Utilize “lone worker” monitoring systems. These systems use modern technology such as smartphones or connected wireless devices programmed to require the worker to “check-in” at predetermined intervals. If a worker fails to check in the system can automatically request help, using advanced satellite and GPS location tracking.

Remember, safety doesn’t have to be difficult, simple steps such as requiring the “buddy system” for high-risk activities, can prevent injuries and save lives.



*To learn more about our online training, contact us
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Date Presented: _____

Name of Presenter: _____

Acknowledgement:

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Group Discussion Notes/Comments:

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