

Lone working.

Tips for keeping yourself safe

Trust your Instinct

Incidents happen when people are scared to listen to their own intuition. Listen to what your inner voice is telling you, if something feels off, it more than likely is. It's ok to remove yourself from a situation that makes you feel uncomfortable and raise an alarm.

Make Your Check Calls

It is a mandatory requirement that you do your check calls at the times they are expected. Your welfare is important to us - it is key for us to know you have arrived safely for your shift and you remain safe at work during your shift.

Follow Your Lone Working Policy

You might forget or ignore procedures, particularly regarding a task you may have done a thousand times before. But you need to pay attention to your lone working policy and remember your training, it could save your life.

Ensure your wellbeing

Make sure you are prepared for your shift with anything that you need. Make sure you know where you can access first aid care and fire safety equipment if they are required in the event of an emergency.

Check your equipment

Ensure mobile phones and walkie talkies are charged and in good working order. Check any equipment that you use prior to using it, and always use it correctly. Report any issues with equipment to your line manager.

Vigilance is Crucial

As a lone worker, you should always know what's going on in your environment, being aware of anything that could be a risk. For example, a hazard that could cause a trip or accident. Make sure you are paying full attention as you carry out your duties, to avoid accidents. And don't forget to report accidents and near misses to your line manager.



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