

# LONE WORKER RISK ASSESSMENT

Use this checklist to evaluate the risks of a specific work environment if employees will be assigned to work there alone. Not all items may be applicable, but for items marked No, additional controls may need to be implemented to ensure the safety of the lone worker. Add notes and other requirements at the end. Repeat this risk assessment as often as necessary.

Date	
Location	
Completed by	

		YES	NO	N/A
1	Before being allowed to work alone, sufficient training is provided and the assigned lone worker is capable of working alone safely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Arrangements are made for regular contact between a lone worker and a supervisor (or other main contact person).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	A lone worker can arrive to the worksite safely at the time the work is scheduled to begin.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	A lone worker will be able to leave the worksite safely at the time the work is scheduled to end.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Security measures are adequate to keep a lone worker safe or protected.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Tools and equipment that are required for the job can be used safely by one person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Chemicals and substances that are required for the job can be handled safely by one person working alone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Manual tasks like lifting and carrying that are required for the job can safely be accomplished by one person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	A lone worker will not be engaging in any high-risk activities that may require a second person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	The work environment is safe from the risk of violence, aggression, or other physical dangers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	Anyone working alone is trained in basic first aid.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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		YES	NO	N/A
12	A lone worker will have access to emergency supplies including a fire extinguisher, a first aid kit, and drinking water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	If the work requires driving there is a plan in place if there is an unexpected vehicle breakdown.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	If needed, automatic monitoring and warning devices are used (personal movement or inactivity alarms, radio panic button, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	A lone worker can easily make contact with a supervisor or emergency services.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	In an emergency, help can reach the lone worker quickly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	An emergency plan is in place and a lone worker is trained on what to do in the event of an emergency.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	A lone worker is provided instruction on what to do if they cannot complete the work due to any reason which may include fatigue, unforeseen safety risks, insufficient equipment, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Additional Notes:

*This document may not be comprehensive for the requirements of the workforce or facility being evaluated. Weeklysafety.com does not assume liability for damage or injury presumed to be caused by use of this document. Use of this document does not guarantee conformity with any laws or regulations, nor does it ensure absolute workplace safety.*