Safety & Care Working Alone

Working Alone

Summary

Workers face increased risks when working alone. The severity of the risks depends on location; type of work; public interaction; and consequences of potential emergencies, accidents, or injuries.

If you are working alone and suffer an injury, you may not be able to summon help. This is why it is important to identify hazards, implement procedures to limit risks, and follow emergency procedures.

Legislation

The Occupational Health and Safety Regulations, Section 33. (1) states:

In this section, "work alone" means to work at a work site as the only worker at that work site, in circumstances where assistance is not readily available in the event of injury, ill health or emergency.

Tips and Guidelines

Safe Work Practices for Workers

- Assess workplace hazards to minimize potential risk when working alone. This can become more complex if the workplace is non-traditional.
- Complete a formal assessment and checklist Include ergonomics, equipment, electrical safety, security, fire protection, emergency procedures, and hours of work.
- Brainstorm with your Supervisor ways to reduce the risks of working alone, and establish a check-in procedure that regularly accounts for safety.
- Ensure you have proper work site equipment, training, and education.
- Establish a communication system with your supervisor to ensure your protection.
- Beware of wildlife and weather conditions when working in isolated wilderness sites.

We commit to safety. For more information on workplace health and safety, call us toll-free or visit our website.

