

Lone working

About 5 minutes · Read it out, then ask the questions at the end.

Why it matters. Working alone isn't banned, but if something goes wrong, nobody may know. Lone work needs a plan.

The hazards

- No one to raise the alarm after an accident
- Higher-risk tasks done alone
- Sudden illness
- Violence or aggression

Stay safe

- Check whether the task is safe to do alone
- Some tasks must never be done alone, such as confined space entry or live electrical work
- Tell someone where you are and when you expect to finish
- Agree check-in times and what happens if you miss one
- Carry a charged phone
- Know how to get help and where first aid is

Ask the team

1. Who does lone work on this job?
2. How do you check in?
3. Which tasks must never be done alone?

The law and guidance

Health and Safety at Work etc. Act 1974; Management of Health and Safety at Work Regulations 1999.

General guidance to help you give a toolbox talk. It doesn't replace your site's risk assessments, method statements, permits or training. Check it against your own site rules before you give it.

Free toolbox talk from EW Group, 110V site temps specialists. www.ewgroup.co.uk · Bristol 0117 982 0005 · London 020 7476 0001

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Site: _____ Date: _____

Given by: _____ Company: _____

By signing, I confirm I attended this toolbox talk and understood it.

Name (print)	Company	Signature	Time

Keep this record with your site's training and briefing records.