



Toolbox Talk: Working Alone

Background

You spend many hours working alone. Be sure to assess and control the hazards of your work and make sure you can complete the work safely. Use the best tools and procedures possible and make sure you can get help quickly if you need it. Remember, if you are miles away from help, there is delayed response time.

TRAINING IS THE KEY - Only trained workers deemed ‘experienced enough to work safely on their own’ in a specific job should be working on the task alone.

FITNESS – If you have had a heart related or similar condition that could impact your ability to work safely on your own, assign another worker.

START WITH A ‘WORK ALONE PLAN’

- completed by the supervisor and worker, working together
- should include only work that can be done safely
- Never work alone...
 - near high energy - electrical, mechanical or pneumatic sources)
 - when using toxic chemicals or flammable materials
 - in a confined space
 - when using highly pressurized equipment
- plan exactly what will be done and where you will be working
- ensure a fully charged cell phone or radio is on your person
- agree to communicate regularly and make sure you do
- be sure you know who will aid if needed
- set a time when you will be finished and abide by it
- if unsure about a hazardous task - do it later, with help

Sources:

The Lone Worker, Farm Safety Association Inc., April 2001. Farm Safety Association, Ontario