

Lone Worker Risk Assessment Checklist

Suitable Task

Is the task suitable for a person to handle alone?



Proper Training

Has proper training been given to the lone worker?

Dangerous Hazards

Does the task involve handling dangerous equipment or substances?



More Workers

Do these substances or equipment require supervision or a second person?

Mentally Prepared

Is the task particularly stressful or upsetting? Is your lone worker mentally equipped to cope with the work?



Medical Conditions

Does your employee have an existing medical condition?

Clear Comms

Is there a clear communication procedure during an emergency?



Emergency Protocol

Do your lone workers understand emergency protocol? Do they know what to do if they have an accident or a fire?

Worker Monitoring

Are your lone workers monitored and supervised?

