

# Lone working risk assessment checklist

## Suitable Task

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Is the task suitable for a person to handle alone?



## Proper Training

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Has proper training been given to the lone worker?

## Dangerous Hazards

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Does the task involve handling dangerous equipment or substances?



## More Workers

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

## Mentally Prepared

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



## Medical Conditions

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Does your employee have an existing medical condition?

## Clear Comms

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Is there a clear communication procedure during an emergency?



## Emergency Protocol

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

## Worker Monitoring

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Are your lone workers monitored and supervised?

