

WORKING ALONE OR IN ISOLATION

WORKING ALONE MEANS THAT YOU ARE THE ONLY PERSON ON A SITE OR YOU'RE ISOLATED FROM OTHER WORKERS ON A SITE. IF YOU BECOME INJURED, TRAPPED, OR UNCONSCIOUS WHEN WORKING ALONE AND ARE NOT ABLE TO CALL FOR HELP, IT MAY BE SOME TIME BEFORE ANYONE FINDS OUT YOU ARE IN TROUBLE OR WHERE YOU'RE LOCATED. THIS DELAY IN GETTING HELP OR TREATMENT CAN CAUSE AN INJURY TO BECOME MORE SERIOUS, EVEN DEADLY.

- **UNDERSTANDING THE RISKS OF WORKING ALONE**
- **SET UP AND CHECK IN PROCESS**
- **WHEN NOT TO WORK ALONE**



BC Forest Safety

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UNDERSTANDING THE RISKS OF WORKING ALONE

When working alone, it is important that you:

- Are aware of all the potential hazards in the area
- Are trained to recognize the hazards and how to control these hazards
- Are provided with the procedures and equipment to do the job safely
- Have a check-in policy or other procedure in place that lets people know if you are in trouble and identifies where you are.

SET UP COMMUNICATION

Communication when working alone is crucial. Ensure that:

- A procedure for checking in has been established. Either a person (e.g., supervisor) has been designated to check on you at regular intervals and at the end of the day or you have a designated time or schedule for checking in.
- The check-in procedure and intervals for contact are clearly understood by you and the designated contact person. The higher the risk or hazards with the work you are performing the shorter the frequency for checking in.
- The contact person is aware of your work schedule each day and is kept up to date on changes to it.
- The communication equipment you are using is in good working order.

WHEN NOT TO WORK ALONE

If possible, it is best practice for no worker to work alone, however there are some situations where workers may be required to work alone.

However, there are some jobs that should not be done by anyone working alone. These include high risk activities such as working in confined spaces, working at height, working with toxic chemicals, or when a lockout is required.



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