



Key Legislation: **Health and Safety at Work Act 1974 | Management of Health and Safety at Work Regulations 1999**

KEY STATISTICS



150,000

Lone workers attacked at work in the UK each year



40%

Of workplace violence incidents involve lone



£1.8 billion

Annual cost of lone worker incidents to UK



85%

Reduction in incidents with proper lone worker

LEARNING OBJECTIVES



Understand the legal requirements for managing lone workers



Conduct a risk assessment for lone working activities



Implement effective communication and monitoring systems for lone workers



Know how to respond in an emergency when working alone

STEP-BY-STEP GUIDE

1

Risk Assess

Identify specific hazards of lone working — violence, medical emergency, accident



2

Communication Plan

Agree check-in times, methods and escalation procedures



3

Emergency Procedures

Ensure lone worker knows emergency contacts and procedures



4

Check-ins

Implement buddy system or supervisor check-in protocol

