



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_\_ / 8

**CIRCLE THE CORRECT ANSWER FOR EACH QUESTION**

- Q1. Who is a 'lone worker'?**
- A. Someone who works from home
  - B. Someone who works by themselves without close or direct supervision
  - C. Someone who works night shifts
  - D. Someone who works in a remote location only
- Q2. What is the employer's duty regarding lone workers under HSWA 1974?**
- A. Lone workers are exempt from health and safety legislation
  - B. Employers must assess the risks to lone workers and implement appropriate control measures
  - C. Lone workers must provide their own safety equipment
  - D. Employers only need to consider lone workers in high-risk industries
- Q3. What should a lone worker communication plan include?**
- A. Only an emergency phone number
  - B. Agreed check-in times, methods, escalation procedures and emergency contacts
  - C. A daily email to the manager
  - D. A weekly safety meeting
- Q4. What should happen if a lone worker fails to check in at the agreed time?**
- A. Wait until the end of the shift
  - B. A defined escalation procedure must be followed immediately
  - C. Send a text message and wait for a reply
  - D. Contact the worker's family
- Q5. Which workers are at highest risk when working alone?**
- A. Office workers
  - B. Healthcare workers, social workers, security staff and those handling cash
  - C. IT workers
  - D. Teachers
- Q6. What is a 'dead man's handle' or 'man down' alarm?**
- A. A type of fire alarm
  - B. A device that triggers an alert if the worker stops moving or falls
  - C. A security lock
  - D. A communication radio
- Q7. What should a lone worker do before starting work in an unfamiliar location?**
- A. Start work immediately
  - B. Conduct a risk assessment, familiarise themselves with the environment and emergency procedures
  - C. Call a colleague
  - D. Check the weather forecast
- Q8. What is the purpose of a lone worker monitoring system?**
- A. To track employee productivity
  - B. To ensure the safety of lone workers and enable rapid response in an emergency
  - C. To monitor working hours
  - D. To prevent theft

**Answer Key (Trainer Use Only):** Q1:B Q2:B Q3:B Q4:B  
Q5:B Q6:B Q7:B Q8:B