

# ■ Lone Worker Safety Trainer — Knowledge Check Quiz

15 Multiple Choice Questions | Free Trainer Resource | [trainerresources.com](http://trainerresources.com)

**Instructions:** Circle or tick the correct answer for each question. This quiz covers key knowledge areas for the **Lone Worker Safety Trainer** course. Pass mark: 12/15 (80%). Answers are provided on the final page.

## Q1. What is a lone worker?

- A) Someone who works from home
- B) Someone who works without close or direct supervision, either alone or away from others
- C) A self-employed person
- D) A night shift worker

## Q2. What legislation covers lone worker safety?

- A) Health and Safety at Work Act 1974 and Management of Health and Safety Regulations 1999
- B) Only the Employment Rights Act
- C) Only RIDDOR
- D) There is no specific legislation

## Q3. What is the employer's duty regarding lone workers?

- A) No specific duty
- B) Assess risks, implement controls, provide training, establish monitoring and communication systems
- C) Only provide a mobile phone
- D) Only provide training

## Q4. What is a lone worker risk assessment?

- A) A general risk assessment
- B) A specific assessment of risks faced by workers working alone, including violence, medical emergencies, accidents
- C) A job description
- D) A lone working policy

## Q5. What communication systems should lone workers have?

- A) No requirement
- B) Regular check-in procedures, mobile phone, lone worker device, or buddy system
- C) Only a mobile phone
- D) Only a radio

## Q6. What is a check-in system?

- A) A hotel check-in
- B) A procedure where lone workers regularly confirm their safety to a supervisor or monitoring service
- C) A time and attendance system
- D) A security system

## Q7. What are the main risks for lone workers?

- A) Only violence

- B) Violence, accidents, medical emergencies, no immediate help available, stress, fatigue
- C) Only accidents
- D) Only stress

**Q8. What is a personal alarm?**

- A) A burglar alarm
- B) A device that can alert others if a lone worker is in danger — audible alarm or GPS tracker
- C) A fire alarm
- D) A car alarm

**Q9. What should a lone worker do before starting work?**

- A) Just start work
- B) Inform someone of location, expected return time, check-in schedule, and emergency contacts
- C) Only take their phone
- D) Only check the weather

**Q10. What is dynamic risk assessment for lone workers?**

- A) A written risk assessment
- B) Continuously assessing risks as situations develop during lone working
- C) An annual review
- D) A management review

**Q11. What should a lone worker do if they feel unsafe?**

- A) Continue working
- B) Trust their instincts, leave the situation, contact their supervisor, call 999 if necessary
- C) Confront the threat
- D) Call a colleague

**Q12. What is the purpose of a lone worker policy?**

- A) A legal requirement only
- B) To set out the organisation's approach to managing lone worker risks and responsibilities
- C) To restrict lone working
- D) To reduce costs

**Q13. What is a dead man's handle in lone worker technology?**

- A) A physical handle
- B) A device that requires regular interaction — if not activated, triggers an alert
- C) A type of alarm
- D) A GPS tracker

**Q14. What are the psychological effects of lone working?**

- A) No psychological effects
- B) Isolation, stress, anxiety, reduced job satisfaction, lack of support
- C) Only positive effects
- D) Only fatigue

**Q15. What should be included in a lone worker emergency procedure?**

- A) Only a phone number
- B) Who to contact, how to raise alarm, what information to provide, escalation procedure

- C) Only the supervisor's number
  - D) Only the first aid procedure
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### **Answer Key**

**Q1: B Q2: A Q3: B Q4: B Q5: B Q6: B Q7: B Q8: B Q9: B Q10: B Q11: B Q12: B Q13: B Q14: B Q15: B**

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