

# Lone working: What are the risks?

The risks of lone working depend on your occupation, environment and any activities you undertake.

Lone workers may experience common hazards in the workplace, but without direct supervision or anyone to help, these hazards can turn fatal.



## Personal risks

Personal risks are any risks that are created through an individual or another human being. Personal risk factors could include:



Sudden illness and pre-existing medical conditions



Inadequate provision of rest (fatigue)



Verbal and physical abuse



Accidents arising out of work



Travelling alone



Mental health issues, through abuse or loneliness

### RISK ASSESSMENT

#### QUESTIONS TO ASK

- How is their health?
- What is their experience on the job?
- Have they had specific training for the task?
- Are they suitably equipped for the task?
- Are they working with others?
- Do you have knowledge of the other people?
- Do they interact with the public?

## Environmental risks

Environmental risks are any risks that arise from different working environments. Environmental risk factors could include:



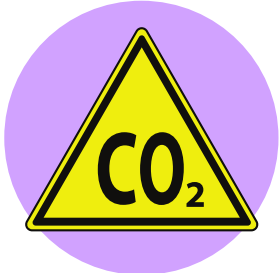
Severe weather (hot, cold or stormy conditions)



Working in areas known for crime or anti-social behaviour



Working in someone else's home or premises



Harmful substances, air quality and noise



Areas with poor phone or wifi signal



Working during darker hours or in low visibility

### RISK ASSESSMENT

#### QUESTIONS TO ASK

- What are the crime rates in the area?
- Is the area well lit?
- Are they working during hours of darkness?
- How remote is the area?
- Is there mobile phone signal where they work?
- Is there CCTV in the area?
- What is accessibility like in the area?
- Are there any weather hazards?
- Is there a potential for air pollution?
- Do they work with livestock or animals?
- Is there any potential for weapons to be in the area?

## Occupational risks

Occupational risks are any risks that arise from different workplace activities and environments. Occupational risk factors could include:



Working at height



Operating machinery and equipment



Slips, trips and falls



Driving and working around vehicles



Working in confined spaces



Falling or moving objects

### RISK ASSESSMENT

#### QUESTIONS TO ASK

- What is the job itself?
- Do your employees enforce anything?
- Do they issue fines?
- Do they carry money or valuables?
- Do they carry company assets?
- Do they work with electrical or mechanical equipment?
- Do they operate heavy machinery?
- Do they drive?
- How do they travel?
- Do they work at height?
- Do they work in confined spaces?
- Do they work out of hours?



### Find out more

To learn more about lone worker safety risks, and to support your future risk assessments, please download our free Risk Assessment Toolkit.

Visit:

[safeshoresmonitoring.co.uk/resources](https://safeshoresmonitoring.co.uk/resources)