# Lone Working

High
Speed
Training™

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People who work in isolation or without direct supervision – lone workers – need to ensure that their everyday health, safety and welfare are carefully managed. Whilst working unaccompanied isn't inherently dangerous, lone workers do face certain risks that other employees in busy environments are unlikely to encounter.

This Lone Working training course aims to help employers, managers and supervisors understand the risks that their lone workers face so that the hazards can be effectively identified and controlled and a safe system of work can be implemented.

**Module One: Introduction to Lone Working**

This module looks at the definition of 'lone working' and outlines employers' legal responsibilities in regards to keeping lone workers safe.

• Who are lone workers?
• What are the risks?
• What does the law say about lone working?
• Employer responsibilities
• Lone worker responsibilities

**Module Two: Risk Assessments and Control Measures**

This module provides an overview of each step of the risk assessment process, explaining how employers and managers can identify hazards and ensure suitable control measures are chosen. The module also provides practical advice on the control measures for lone workers that can be implemented.

• What is a risk assessment?
• Consulting employees
• Identify the hazards
• Decide who might be harmed and how
• Evaluate the risks and decide on precautions
• Control measures for lone workers
• Control measures for accidents and emergencies
• Record your findings and implement them
• Review and update

**Module Three: Setting Up a Safe System of Work**

This module explains what needs to be considered when setting up a safe system of work for lone workers and explains some further, practical control measures that can be implemented in order to reduce the risks to health and safety.

• The hierarchy of control
• Advantages of avoiding lone working
• When lone working cannot be avoided
• Reducing the risks: tracking workers, communication and vehicles.
• First aid and emergency procedures
• Monitoring and supervision
• Training

## Aims of the training

By the end of this course, learners will:

- Understand the risks to health and safety posed by lone working.
- Know what the law requires of employers and employees in regards to lone working.
- Understand the different steps required when undertaking a risk assessment.
- Be aware of the appropriate control measures that can be implemented in order to keep lone workers safe from harm.
- Understand what needs to be included in a safe system of work for lone workers.

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