

PERSONAL SAFETY AND LONE WORKING: RISK FACTOR REVIEW

Most employers take workplace health and safety seriously, and are keen to improve the safety and wellbeing of their staff. We have created this review to draw attention to the potential risks that may be encountered by employees who work alone.



Why focus on lone working now?

Lone working is nothing new, and the term includes anyone who is first to arrive or last to leave a work premises; staff working from home; staff engaged in field visits that include one-to-one meetings; and staff who are simply travelling alone. However, new technology has enabled an increasing number of employees to work alone - for some or all of the time - and the number of lone workers has dramatically increased in recent years.



Benefits for employer / manager participants:

Lone workers face health and safety risks which are not present in shared and busy environments. It is every employer's duty of care to ensure those risks are pro-actively managed to counter the potential dangers. This course highlights the risk factors for lone workers, and the legal implications that employers and managers need to take into account.

What is a lone worker?

The Health and Safety Executive (HSE) defines a lone worker as someone who works by themselves without close or direct supervision.

Why lone working must not be ignored

Under HSE rules, an employer's corporate duty of care obligations apply 'door to door' from home to office, day and night. Employers must therefore pay attention to safety in all circumstances where employees face potential risks that are not present - or are unlikely to be encountered - if they were working in busy shared environments.

Benefits for lone worker participants:

Delegates are made aware of everyday and unexpected risk factors that can be encountered when working in isolation. They learn essential steps to improve their personal safety. Attendees report feeling safer, more confident and better prepared to deal with potential difficulties like conflict, threat, and actual assault.



What action can employers take?

In response to a growing need, we have created a new course: *Personal safety and lone working*. It has been developed in association with the Suzy Lamplugh Trust, and is ideal for employers, for those who supervise lone workers, and for lone workers themselves.



PERSONAL SAFETY & LONE WORKING 1 day course

Gives lone workers the awareness and skills to protect themselves from the special risks they may face

TOPICS COVERED:

- Assessing potential dangers wherever lone workers may be exposed to risk, including: 'first in' and 'last out' working, one-to-one meetings, home visits, working in the community, and travelling alone
- Strategies for staying safe, including keeping in touch with others, and the use of personal alarms
- De-escalation skills in the face of aggressive behaviour
- Options and escape strategies if attacked
- Ways to summon help in an emergency
- Self-administered first aid
- Legal requirements.



Developed in association with the Suzy Lamplugh Trust, to safeguard you and your employees.



Visit: sja.org.uk/loneworking



To book now, call: **0844 770 4800***

You can pay by credit/debit card at the time of booking.

*Lines are open Mon-Fri: 8.30am - 5.30pm. Calls cost 7p per minute plus your phone company's access charge.