Setronix desde 1966

MAY
2027
SECOND HALF | PREVENTION

LONE WORKING
KEEP IN CONTACT



Before leaving the team, confirm communication and support.

1. Hazards and risks

Hazards: Distance, lack of signal and difficulty getting help.

Risks: Worsening injury, sudden illness or delayed rescue.

2. Before you start

- Check whether the task may be done alone.
- Agree contacts and the response to missed communication.
- Test communication and share your location.

3. Stop and report

- No coverage or reliable means of contact.
- Conditions change or you feel unwell.
- A scheduled contact fails: follow the agreed response.

4. What to do: four prevention steps

1



Confirm

Check lone working is appropriate.

2



Test

Check communication and battery.

3



Inform

Share location and contact plan.

4



Follow up

Keep agreed contacts; report changes.

5. Choose the right preventive measure

Situation	Preventive measure
High-risk task	Reassess the need for a team and on-site support.
Remote site	Confirm location and access for rescue.
Communication	Plan an alternative if network or device fails.
Missed contact	Define the response before starting.

Good practice: A mobile phone does not make every task safe for someone alone. Contact frequency and support depend on the task assessment.

6. FORTNIGHTLY ACTION Before a task away from the team, confirm who monitors you, how you communicate and what happens if contact fails.

CONFIRM • TEST • INFORM • KEEP IN CONTACT

DR: Lei 102/2009 HSE: lone working