

Keep lone workers safe at height

Is the risk to lone workers managed enough?

For lone workers, the fall from height **risk can be even higher** due to:

- Working unsupervised and without support from colleagues
- Limited communication and safety monitoring
- Working in remote and isolated locations
- Absence of immediate assistance and delayed emergency response in case of accidents
- Fatigue and pressure to get the job done alone



Plan in advance

to manage lone worker working at height risks

- 1 Prepare tools and materials on the ground
- 2 Eliminate the need to climb, where possible
- 3 Assess and reassess risks
- 4 Set up regular check-ins using reliable communication
- 5 Review conditions often (weather, fatigue, or site layout)



Are you trained?

Workers

Seek additional support if you lack experience.

Adapt your training to new places and new processes.

Make sure you're competent with the tasks ahead.

Businesses

Accompany lone workers at first.

Ensure the lone worker's competence.

Know the worker and take care if young, disabled or new.





Do you have the **right equipment?**

- ✓ Fall prevention system
- ✓ Fall arrest system
- ✓ Inspect equipment regularly
- ✓ Keep communication, like phone or two-way radio