

Safety Tips for Lone Workers

639,000 workers

sustained a non-fatal injury
in the UK in 2020.

Labour Force Survey 2020

688,000 incidents

of violence at work were recorded
in the UK in 2020.

HSE 2020

Lone workers are subject to increased risk because there are no colleagues available to help should an incident occur. This is why, at SoloProtect, we're passionate about keeping lone workers safe.

Here are our top tips:

GENERAL SAFETY

-  **1. Communicate**
Make sure a colleague or family member knows what time you're expected at work and what time you're due home so they can raise an alarm if you don't turn up.
-  **2. Be prepared**
Ensure you are appropriately prepared for unpredictable weather conditions e.g. carry a torch when it's dark, wear warm clothing in winter.
-  **3. Use a safety device or app**
Use a SoloProtect personal safety device or mobile app to ensure you can quickly call for help in an emergency.
-  **4. Display ICE details**
Save In Case of Emergency contact details to your phone under "ICE". You could also display ICE details on your lock screen.
-  **5. Report incidents**
Report any incidents to the police using 101 or use 999 for emergencies.

TRAVEL SAFETY

-  **1. Have a plan**
If you're travelling between locations, make sure you've planned your route and think about any potential risks. You should also make sure you're fully aware of your organisation's health and safety policies and procedures – they're there to keep you safe.
-  **2. Use well-lit routes**
If you're walking or cycling, stick to well-lit, popular routes even if they take longer and make sure you have appropriate reflective clothing for when it's dark.
-  **3. Stay near to others**
When travelling by public transport, it can sometimes be tempting to sit in the quietest spot. Sit in a place where there are other people around and know where the exits are.
-  **4. Park wisely**
Always try to park in a well-lit, accessible area, have your keys to hand when returning to your car and lock your car doors once inside.
-  **5. Know where you are**
Download an app such as what3words to your phone to ensure you can always pinpoint and communicate your exact location.

BEHAVIOURAL SAFETY

-  **1. Trust your instincts**
Remember your dynamic risk assessments and trust your instincts. If you feel uneasy about entering a building or carrying out a specific task, there's probably a valid reason why. Either remove yourself from the situation or ensure you have support available should something happen.
-  **2. Watch and listen**
It's important to always be aware of what's going on around you. Try to avoid wearing headphones or walking along while looking at your phone. If you identify a potential risk early, you can take steps to avoid it.
-  **3. Stay alert when meeting people alone**
If you're meeting someone alone, particularly if you haven't met them before or they're known to be high-risk, make sure someone knows where you are and place yourself between them and the door. This will give you an easier exit route if you need it.
-  **4. Be theft aware**
Try to avoid carrying valuables with you. If you do need to carry valuables, make sure they're stored out of sight and if someone tries to grab your bag or your mobile phone, just let it go. Your safety is more important.
-  **5. Slow down!**
We all rush to get things done which can result in an increased risk of slips, trips, falls, car accidents or substandard dynamic risk assessments. Slow down and contact a colleague if you're struggling.