

WORKING ALONE & SHIFT WORK



1 MEETING OBJECTIVES:

The primary objectives of Safety Talk 8: Working Alone & Shift Work are:

1. Increase knowledge and awareness of working alone and shift work safety.
2. Spark innovative conversations and ideas for enhancing safety for working alone/shift work.
3. Encourage open communication and the expression of concerns within the group.
4. Develop a plan to explore and investigate ideas and concerns raised.

2 SAFETY TALK:

Take 5 minutes to review Safety Talk 8: Working Alone & Shift Work on the next page. Your team may choose to each read the Safety Talk individually or take turns reading out loud.

3 KNOWLEDGE CHECK:

As a team, spend a couple minutes completing this knowledge check:

- What are the potential risks or hazards associated with working alone and shift work?
- Can you name three strategies for enhancing safety for those working alone or on shift work?
- How can we implement these strategies in our work environment?

4 GROUP DISCUSSION:

Take a few minutes to share with your team your thoughts, experiences, and innovative ideas for improving safety for those who work alone/shift work. Discussion questions can include:

- Have you faced challenges related to working alone or shift work?
- How can we further promote safety awareness within our team for those working under these conditions?
- Are there any additional safety measures we should consider?

5 CONCLUSION & POST-MEETING FOLLOW-UP:

The supervisor will be responsible for investigating any raised occupational health, safety, and/or wellness innovations, issues, or concerns as well as establishing a timeline for follow-up and reporting back to the group.

To learn more about this topic, the following documents on CKCentral can be reviewed:

1. HS - 041 Working Alone
2. Infogram - 041 - Working Alone

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Section 1: Understanding Working Alone

Working in isolation or working alone refers to being the sole individual present at a specific work location or being physically separated from other colleagues on the site. When working alone, if an accident occurs, such as injury, entrapment, or loss of consciousness, there is a significant risk of delayed assistance. Without the ability to promptly call for help, the situation can become more severe, potentially leading to severe or even fatal consequences.

High-risk activities encompass potential hazards stemming from various sources, particularly when working at heights, in confined spaces, with electricity or other forms of hazardous energy, with hazardous products, with hazardous equipment such as chainsaws or firearms, and with the public, where there is a potential for violence.



Section 2: Identifying the Controls

When working alone, it is crucial that you:

- Are aware of real and potential hazards in the area.
- Receive comprehensive training to effectively identify and manage these potential hazards.
- Ensure proper procedures and appropriate equipment are available to perform tasks safely.
- Have a check-in communication procedure that identifies if you're in trouble and where you are.

Section 3: Safety Tips for Working Alone & Shift Work

1. **Buddy System:** refers to a safety practice where individuals who are working independently have a designated person, known as a buddy, who regularly checks in on them.
2. **Traveling Alone:** ensure schedules, routes, and expected arrival times are communicated. Plan to arrive before dark. Carry a cell phone and keep a 'Call Police' sign in your glove box.
3. **Take Extra Precautions at Night:** Park your vehicle in (or move vehicle during the day to) a well-lit area, close to the entrance. Ensure items such as swipe cards and car keys are ready.
4. **Carry a Phone, Personal Safety Alarm, and/or Other Technology:** Always keep a cell phone on you and keep it readily accessible. Personal safety alarms are simple and effective in attracting attention and alerting others to your presence/distress when verbal communication may not be possible as the sound carries over long distances. There are also many lone worker apps and devices on the market that can share real-time locations and notify supervisors of emergencies.

5. Additional Tips:

- Do not turn your back on an aggressive individual.
- Know your routes and nearest exit.
- Never mention that you are alone. Use words such as "we" or "my partner and I."

6. For Home Visits:

- Gather as much information as possible about the client before visiting their home.
- Pause for a few seconds when entering a home to assess the situation and plan a response.
- Leave your shoes on in the event you need to leave in a hurry. Do not carry a purse.
- Avoid kitchen areas.
- Do not enter a situation or location where you feel uncomfortable or unsafe.

