

## The Lone Workers

### How do you stay safe?

- A lone worker is defined as a worker who cannot be seen or heard by another person and cannot expect a visit from another employee.
- This applies to off-the-job activities at home or outdoors.
- Highly hazardous tasks should never be conducted by lone workers.
- Hazards that lone workers might encounter include incidents or emergencies at work, sudden illness, and physical violence from intruders or from the general public.

