

THE Ok Alone **GUIDE TO** **Assessing Lone Worker Risk**



Purpose of this guide

Health and safety in the workplace is an increasingly important issue. Its goal is to protect the employees, customers and anyone else who comes in contact with the workplace environment.

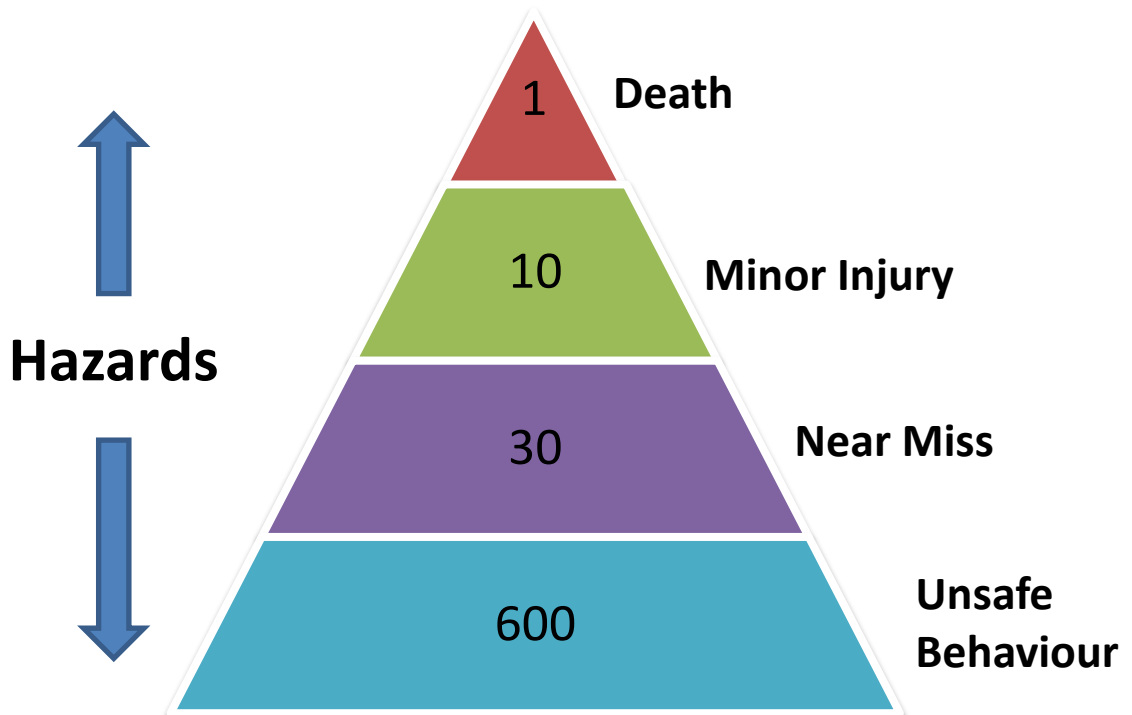
Most health and safety laws include a special category for those who work on their own. These people are referred to as Lone Workers. Lone Workers are a diverse group of people. For example, if you are not in direct contact with your colleagues at various times throughout the day, you are a lone worker. Or perhaps you are a night dispatcher, a trucker, a receptionist or a service engineer, all whom also fit into the definition of a lone worker.

Working alone is not a hazard on its own, but it does present a unique set of challenges . The purpose of this guide is to give you a framework for performing your own hazard assessments and to grade the appropriate level of risk for your lone workers.

Safety Triangle

Frank Bird Pyramid

To set the stage, let's start with the Safety Triangle. It shows the relationship between the number of unsafe behaviours and work related deaths. For each incident, there is an underlying hazard and related risk.



Hazard Sources

Here are 10 good places to start looking for potential hazards

1. Motion - look for when things/people move
2. Chemicals – are harmful chemicals present?
3. Falling objects – what’s above the work area?
4. Jagged things – are broken materials nearby?
5. Bright lights – can sudden lighting conditions affect vision?
6. Distance- to co-workers. Are they isolated?
7. Live electrical wires
8. High/low temperatures zones
9. Dusty environments
10. Worksite conditions – unstable footing, on hill, muddy

What is a Hazard Assessment?

A Hazard Assessment is a process that involves

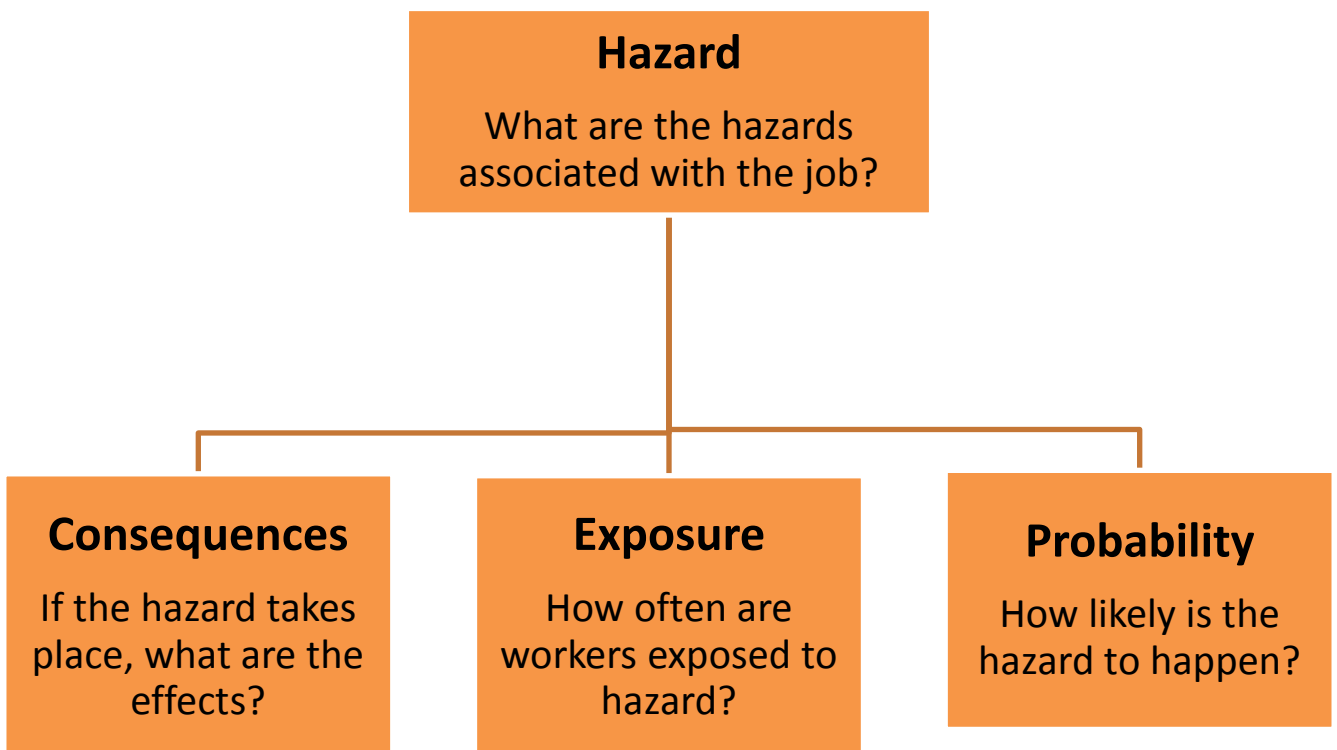
- Identification of hazards in the workplace
 - An assessment of the impact of the identified hazard(s) on lone workers
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Hazard and Risk

- A Hazard is a thing or condition that may expose a person to a risk of injury or occupationally caused illness.
- Risk is the likelihood that the Hazard will lead to an injury or sickness.

Hazard Scoring Model

- Once you have identified your hazard(s), you can determine its risk score by identifying its consequences, exposure and probability values.



Consequences

- Create a grading table so everyone knows how to categorize the consequences of each hazard
- You may also include monetary damage values

Level – Severity of consequence	Rating
Greater than 10 fatalities	100
Multiple fatalities	85
Single fatality	65
Permanent disability	45
Disabling injury	20
Minor cuts/bruises	5

Illustrative only

Exposure

- Create a grading table so everyone knows how to categorize the frequency/duration of exposure to each hazard.

Level – How often is the worker exposed to the hazard?	Rating
Continuously or multiple times throughout the day	10
Frequently – once per day	8
Regularly – once per week	6
Often – once per month	3
Occasionally – it's known to have happened	1
Rarely – not occurred but is seen as a possibility	0.5

Illustrative only

Probability

- Create a grading table so everyone knows how to categorize the probability of each hazard happening.

Level – The likelihood of the hazard occurring	Rating
An expected result	10
Likely – up to a 50:50 chance	9
Unusual – up to 1 in 10 times	5
Co-incidental change – up to 1 in a 100 times	3
Practically impossible – one in a million chance	1
Theoretical possibility – it's never happened, but it could	0.1

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Quantifying Risk

$$R = C \times E \times P$$

Where:

- **R = Risk Score**
- **C = Consequences Rating**
 - 0 – 100 range
- **E = Exposure Rating**
 - 0 – 10 range
- **P= Probability**
 - 0 – 10 range

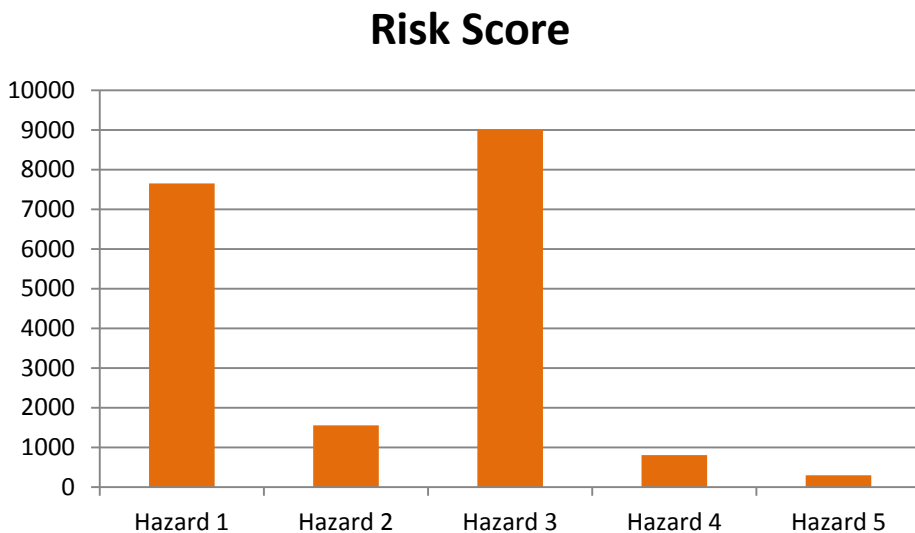
Assess Risk according to R value, for example

- High Risk Range = 7,500 to 10,000
- Medium Risk Range = 2,500 to 7,499
- Low Risk Range= 1 to 2,499

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Hazard Risk Scores

- Here is an example of how 5 hazards/jobs can be objectively compared against each other.



	Risk Score	Consequence Rating	Exposure Rating	Probability
Hazard 1 – High	7650	85	10	9
Hazard 2 – Low	1560	65	8	3
Hazard 3 – High	9000	100	10	9
Hazard 4 – Low	810	45	2	9
Hazard 5 – Low	300	20	5	3

Making it work for you

One common reason organizations want to know the risk profile of their staff is because that determines the frequency of their lone worker check-ins. Low risk employees may only need to check-in every four hours, where as medium risk people should check-in every two hours instead. Whilst everyone is different, the model is flexible enough to support the development of your lone worker safety policies.

Feeling inspired? Why not try out our pricing guide to see how little a professional lone worker safety monitoring system could cost you?

www.okaloneworker.com/work-alone-monitoring-pricing/

Alternatively, you can jump right in and sign up for a free trial. See how easy lone worker monitoring can be.

www.okaloneworker.com/work-alone-monitoring-free-trial/

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