



# Lone Worker Risk Assessment Guide





## Purpose of this Guide

A **Lone Worker** can be defined as a worker that is in isolation from other workers without close or direct supervision.

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 help you overcome these challenges by:

1. Providing a framework to perform your own hazard assessment.
2. Providing a grading method to assess the level of risk your lone workers currently face.

This data provides a starting point for you to assess current safety measures within your fleet and work towards a higher standard of safety for your lone workers.

## What is a Hazard?

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 the hazard will lead to an injury.

A Hazard Assessment is a process that involves:

- Identification of hazards in the workplace
- An assessment of the impact the identified hazards have on lone workers

## Common Hazard Sources Include:

### Physical

- Unstable work surfaces or conditions
- Bright or minimal lighting
- Broken materials or equipment
- Extreme temperatures
- Loose or falling objects

### Chemical/Electrical

- Harmful chemicals
- Flammable materials
- Live electrical wires
- Dust or fumes



## Hazard Scoring Model

Once you have identified any hazards, you can determine the risk they pose by identifying the Consequences, Exposure and Probability values for each specific hazard.

### Hazard Identification

What are the hazards associated with the job?

#### Consequences

What are the effects of the hazard?

#### Probability

How likely is the hazard to happen?

#### Exposure

How often are workers exposed to the hazard?

#### Consequences

To determine the **Consequence Value** of a hazard, create a grading table to weight the consequences the hazard could have. You may also include monetary damage values.

Refer to the following table as an example:

Level - Severity of Consequences	Weight
Greater Than 10 Fatalities	100
Multiple Fatalities	85
Single Fatality	65
Permanent Disability	45
Disabling Injury	20
Minor Cuts/Bruises	5

#### Probability

To determine the **Probability Value** of a hazard, create a grading table to weight the probability of each hazard occurring.

Refer to the following table as an example:

Level - Likelihood the Hazard will Occur	Weight
An Expected Result	10.0
Likely - Up to a 50/50 Chance	9.0
Unusual - Up to 1 in 10 Times	5.0
Co-Incidental Chance - Up to 1 in a 100 Times	3.0
Practically Impossible - One in a Million Chance	1.0
Theoretical Possible but Has Not Occurred	0.1

#### Exposure

To determine the **Exposure Value** of a hazard, create a grading table to weigh the frequency the hazard could occur.

Refer to the following table as an example:

Level - Frequency of Exposure	Weight
Continuously or Multiple Times Throughout the Day	10.0
Frequently - Once per Day	8.0
Regularly - Once per Week	6.0
Often - Once per Month	3.0
Occasionally - It's Known to Have Happened	1.0
Rarely - Has Not Occurred but is Possible	0.5



## Quantifying the Risk

Using the **Consequence**, **Exposure**, and **Probability** values you've found, you can use the following simple formula to calculate the Hazard Risk Score for each hazard you face:

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

Where:

**R** = Hazard Risk Score

**C** = Consequence Value  
(0-100 Range Number)

**E** = Exposure Value  
(0-10 Range Number)

**P** = Probability Value  
(0-10 Range Number)

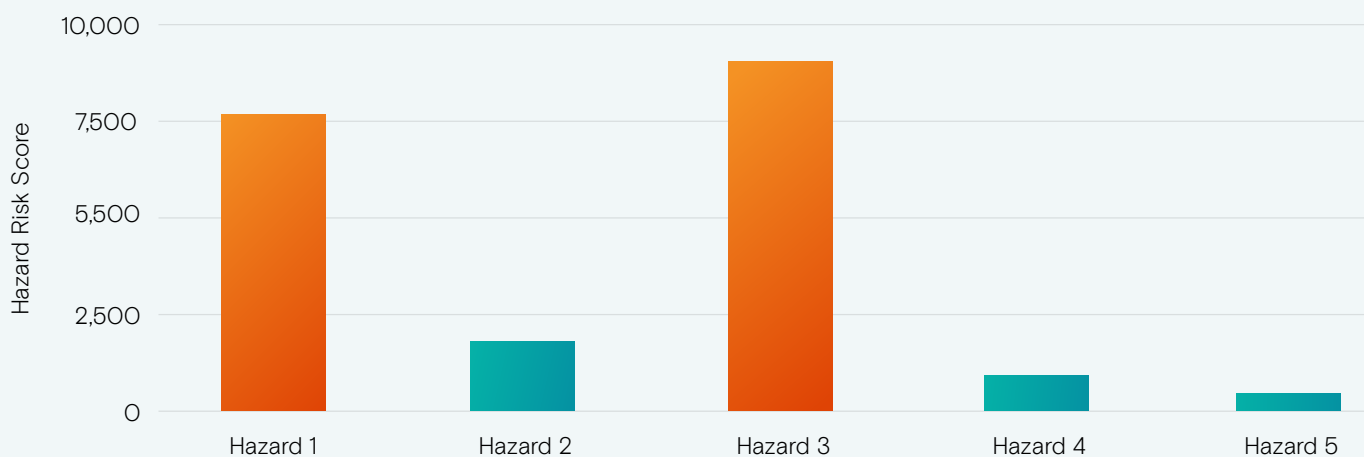
### Results

Assess risk according to the R Value scores, for example:



## Hazard Risk Scores

The R scores for each hazard can be compared using a bar graph. For example:



Hazard	Risk Score	Consequence	Exposure	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



## Practical Application

### How does collecting hazard risk data serve help you?

Understanding the level of impact various hazards will have on your lone workers identifies where safety procedures should be improved.

Creating a risk profile for your employees ensures the frequency of their check-ins can be accurately set.

Low risk employees may only need to check-in every four hours, whereas high risk employees should check-in every hour instead.

The flexibility of this model ensures it will remain a helpful tool to support the development of your lone worker safety policies.





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