

# By the Numbers: 10 Tips for Lone Workers



## 10 TIPS FOR LONE WORKERS



SafetyNow



Working alone can expose workers to hazards and dangers that aren't found in other types of work settings. Prepare your workers through well-thought-out policies, communication plans, and knowledge on what to do in different situations. Share these 10 tips with workers and adjust as your situation calls for.

### 1 LET IT GO

If someone grabs your bag or your mobile phone (or other valuable), let it go. Your safety is more important than your belongings. Struggling with the assailant will exacerbate things. Phones, iPods, wallets etc. are replaceable – you aren't.

### 2 BUSES AND TRAINS

Whilst waiting for a bus or train, stand at the stop with everyone else or on a busy part of the train platform. Once on the bus or train, sit near the driver or in a busy carriage.

### 3 CONSIDER THE WORST

If you are public facing and working alone, don't wait for aggression to come to you before considering your personal safety, plan and consider the worst-case scenarios.

### 4 TRUST YOURSELF

Do you visit clients at home? Trust your instincts. Is something telling you not to enter a property? Is there someone who makes you uneasy or suspicious? People often regret not 'listening to their gut feeling'. If something feels off, it often is.

### 5 ON FOOT

Your job might mean you have to walk through different areas. If a motorist (or anyone) bothers you whilst you are walking, turn around and go in the other direction. Keep doing this as often as necessary. If [you feel threatened or unsafe or] the motorist leaves the vehicle, call for help or the police.

### 6 CAR SAFETY

Park your car in a way which gives you the means to leave in an emergency. Before returning to your car, have your keys ready and lock your doors once inside the vehicle. Always stow valuable items under the passenger seat or in the trunk of the car.

### 7 BE ALERT

Be aware of your surroundings and people around you. If you are wearing headphones, don't turn them up so loud that you cannot hear outside noise. Avoid using your mobile phone too as this can be a major distraction.

### 8 ICE

In Case of Emergency (ICE) is a scheme that enables first responders such as paramedics or the police access to next of kin details on your phone. Save a relative or friend's number under 'ICE'. If you have a passcode on your phone, consider making yourself a screen saver with emergency contact details.

### 9 SAFETY MANTRA

Before leaving your house, repeat the following phrase to yourself: 'Keys, money, phone, plans to get home.' There is nothing worse than being stranded without cash or your phone.

### 10 MEETINGS AND VISITS

Only take essential items into a meeting or to visit a client. Do you need to take your laptop or other valuables? When meeting someone alone, place yourself between the other person and the door to give yourself an exit route if needed.

