



Bespoke Safety Solutions

Outline of training session

Lone workers

The aim of this workshop is to provide participants with an 'awareness' of the dangers of working alone, the measures required to reduce the risk associated with lone working, and how to deal with emergency situations should they arise.

This workshop will enable participants to:

- Identify who lone workers are and the jobs they do
- List the legislation that applies to lone workers
- Identify the legal responsibilities of duty holders to protect lone workers
- Explain the training required for lone workers and the role of their supervisor
- Describe the lone workers emergency procedure and any covert alarms and signals or equipment used for raising the alarm
- Outline what a 'buddy system' is
- Describe the types of violent or aggressive behaviour that a lone worker may encounter and tools and techniques to deal with this
- Identify body language signs and other indications of potential danger
- Identify the hazards associated with working alone for your particular role and the environment that you work in
- Explain the importance of risk assessments for lone workers and the work practices required to minimise the risk of harm
- Draft a personal plan to include the identified risks from lone working and the tools and working practices to deal with emergency situation should it arise.

Who is the workshop for?

An introductory awareness session for individuals working alone and for their supervisors/managers.

Duration: ½ day or 1 day. The 1 day workshop will also include a practice session of dealing with conflict situations and aggression.

The duration of the session will also depend on how many are in the group.

Materials:

The workshop is interactive to aid learning. Workbooks are provided.

Certificates are produced for each attendee after the workshop.

For more information please contact Carole Halfacre 07505 305243