

# Introduction to Personal Safety for Lone Workers

IIRSM & IOSH Approved

Every day, thousands of people find themselves in situations working alone at work premises or from home.

There are many risks associated with working in isolation, without the support of colleagues. These risks can include accidents and even violence. This course acts as an introduction to personal safety for lone workers and covers the legal responsibilities of both employers and employees, common security precautions that can be implemented, and practical steps to avoid conflict in lone worker situations.

## Learning Objectives

By the end of this course, you will be able to:

- Identify the definition of a lone worker Demonstrate understanding of risk factors to lone workers, and identify methods of reducing risk
- Recognise the key components of relevant legislation including the responsibilities of employees and employers as defined by the Health and Safety at Work Act and associated regulations
- Define dynamic risk assessments and understand multi-agency collaboration and issues associated with attending remote locations, including travel
- State where to go for additional training and guidance provided by both internal and external agencies

Module Number	Module Name	Pass % required
1	Lone Worker Personal Safety: The Basics	70
2	The Law: Responsibilities	70
3	Assessing the Risks	70
4	Personal Safety Solutions	70
5	Practical Tips to Avoid Conflict	70
6	Reporting and Recording Incidents	70

Duration: 45 minutes (Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.)