

Working Alone

Practical skills

Precautions when nobody else is present, at home or outdoors.

Educational reference. Applies to DIY, outdoor activity and lone travel alike.

Before

Tell someone the task and the expected finish time

Agree a check-in

Phone charged and on you, not in another room

Consider whether it is a two-person job

Avoid alone

Working at height

Anything involving electricity or gas

Heavy lifting

Working over or near water

Confined spaces

If injured

Stay still and assess

Call for help before moving

Emergency services can locate a mobile

Educational reference. The task that most often goes wrong alone is a quick job on a ladder that seemed too small to need help.