

# FIELD RESEARCH SAFETY HAZARD GUIDELINE

## Lone Worker

<b>Hazards</b>	<b>Potential Hazards</b>	<ul style="list-style-type: none"> <li>Lone workers are at increased risk due to limited immediate assistance and potential isolation.</li> <li>Hazards may include: <ul style="list-style-type: none"> <li>Accidents</li> <li>Medical emergencies</li> <li>Workplace violence</li> <li>Unfamiliar or hazardous environments</li> </ul> </li> <li>Remote locations, equipment malfunctions, and lack of communication can compound risks.</li> </ul>
<b>Hazard Controls</b>	<b>Personal Protective Equipment</b>	<ul style="list-style-type: none"> <li>Depending on the job, lone workers should wear any relevant personal protective equipment (PPE) for their tasks.</li> <li>PPE may include helmets, gloves, safety glasses, high-visibility clothing, and respiratory protection.</li> </ul>
	<b>Preparation and Training</b>	<ul style="list-style-type: none"> <li>Lone workers should receive comprehensive training on job-specific hazards, emergency procedures, and the proper use of equipment.</li> <li>Training should cover risk assessment, recognizing potential dangers, and practicing self-defense if applicable.</li> <li>It is strongly recommended that all workers be under the supervision of a Principal Investigator (PI), senior researcher or instructor when working with hazardous materials, operations and/or equipment. When the School, Department or Principal Investigator (PI) allow individuals to work alone in the field, then they must complete appropriate training, have adequate experience, and have approval from the PI or instructor.</li> </ul>
	<b>General Work Practice Procedures</b>	<ul style="list-style-type: none"> <li>Risk Assessment: Conduct a thorough risk assessment for tasks performed by lone workers to identify potential hazards and implement preventive measures.</li> <li>Communication: Establish a regular communication schedule with a designated contact. Check-in times should be defined, and a missed check-in should trigger an alert.</li> <li>Location Tracking: Use technology like GPS devices or smartphone apps to track the location of lone workers, allowing for quicker response during emergencies.</li> </ul>
<b>Other</b>	<b>Waste</b>	Containerize, remove, and properly dispose all generated waste when you leave the area.
	<b>Emergencies</b>	<ul style="list-style-type: none"> <li>Emergency Procedures: Clearly define emergency procedures for lone workers, including steps to follow in case of accidents, medical issues, or security threats.</li> <li>Ensure lone workers are equipped with communication devices, such as cell phones or two-way radios, to maintain contact with supervisors or emergency services. In the event of an emergency the communication device should be used to alert emergency services or a supervisor IMMEDIATELY.</li> </ul>

	<b>Reference and Additional Resources</b>	<ul style="list-style-type: none"> <li>Ohio Bureau of Workers' Compensation: <a href="#">Lone Worker Safety</a></li> <li>University of Cumbria: <a href="#">Lone Worker Procedures for Researchers</a></li> </ul>
	<b>Questions</b>	Contact Environmental Health and Radiation Safety (EHRS) at (215) 707-2520