

Essential Guidelines for Lone Workers

Guidance to minimize the risks to personal safety the researchers might face during data collection of projects.



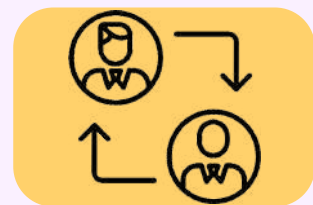
Ensure personal safety

Do not compromise personal safety.
If you feel unsafe, remove yourself immediately from unsafe places



Complete the risk assessment

Identify the risks; Decide who might be harmed & how
Decide precautionary measures, regularly review your assessment & update



Nominate a buddy

Buddy must have all the necessary contact details of the lone worker
such as mobile numbers, personal details



Carry necessary equipment for safety

Torch, Map of the local area, emergency helpline details
i.e., local police, ambulance service, First aid kit



Keep in touch

Ensure all means of communication with your buddy
Don't turn your phone on silent mode, make sure your mobile phone is charged



Share your location

If possible, share your live location with your nominated buddy
throughout your lone working visit

