

## Working Alone Risk Assessment

Use this worksheet to help you develop a check-in frequency specific to the work place and work being done.

**Instructions:**

Complete a worksheet with a worker for each situation and location where the worker is working alone

1. In column C, identify the injury that would probably result from the hazards in column A
2. Use Table 1 to assess the likelihood of the accident (Column D).
3. Use Table 2 to assess the likelihood that the accident would result in an injury serious enough to be disabling (Column E).
4. Use Table 3 to assess the likelihood of help being available to an injured worker (Column F).
5. The frequency rating (Column G) is the factor of the numbers in Columns D, E, and F. The fillable PDF will calculate the frequency rating automatically.

<b>Location of Worker:</b>						
A	B	C	D	E	F	G
Hazard	Examples	Worst probable injury	Likelihood of occurrence	Likelihood of a disabling injury	Likelihood of help nearby	Risk= D x E x F
Slip, trip or fall	Ladders, rough terrain					
Exposure	Heat or Cold					
Struck by object	Branches, rigged items					
Natural	Water, Wild animals					
Equipment	Power saws, Mobile lifts					
Chemicals	Fuel, cleansers					
Violence	Robbery or assault					
Other						
<b>The total cumulative risk determines the frequency of check-ins.</b>					<b>Total Cumulative Risk =</b>	

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**The total cumulative risk calculated in the worksheet determines the check-in frequency as below...**

**250 >** = low check-in frequency (every 4 to 8 hours)

**251- 400** = moderate check-in frequency (every 2 to 5 hours)

**400 <** = high check in frequency (every 3 to 1/2 hour)

**Note:** The minimum check-in requirement for low-risk activities is at the start and end of each shift.

After you have assessed the risk and determined the required check-in frequency for the work activity you can then complete the **Working Alone Procedures Form** to determine and record the procedures to be followed by the worker and the assigned contact person.

<b>Table 1: What is the likelihood of an accident occurring in this situation or location?</b>	Value
Most likely	10.0
Very high likelihood	8.0
Quite possible, would not be unusual	6.0
Unusual, not likely	4.0
Remote possibility	2.0
Extremely remote possibility but conceivable	0.5
Practically impossible, "one in a million" chance of happening	0.1

<b>Table 2: What is the likelihood of a disabling injury resulting from this type of hazard or accident?</b>	Value
Expected result	10.0
Probable result	8.0
Unusual, not expected	6.0
Remotely possible result	4.0
Practically impossible to result in disabling injury	2.0

<b>Table 3: What is the likelihood of help being available?</b>	Availability	Value
Isolated areas where no one is likely to pass by or see the worker	Never	12.0
Areas where people pass by infrequently	Rare	8.0
Areas where some people pass by regularly	Occasional	6.0
Areas where if the worker were gone for any length of time someone would notice	Usual	4.0
Areas where people pass by frequently and would witness an injury or incident	Frequent	2.0
Areas surrounded by potential witnesses	Continual	1.0