

# NRMCA Monthly Safety Initiative

April 2020

## LONE WORKER SAFETY



### Lone Worker Safety

With the inception and continuing developments of COVID-19 gripping the globe and forcing businesses to reexamine when and how they allow employees to work. This new circumstance has meant that a lot of focus is placed on social distancing and limiting contact between employees, which regularly translates into employees working by themselves or without close or direct supervision. This reality makes such workers "lone workers", prompting safety considerations needing review. Unlike during normal ready mixed concrete operations, a greater number of employees will now likely fall into this category. Keeping workers safe and having a lone worker policy in place is vital to adhere to the Occupational Health and Safety Administration's (OSHA) required to "provide a workplace free of recognized hazards."



### Lone Worker Safety Considerations

When considering how a concrete producer may need to address lone worker safety, it is first necessary to determine which employees are lone workers and which job functions may require lone working. The next step is determining how to make sure that a lone worker has some method of periodic contact, such as regular check-ins, radio checks, emails, texting, phone calls, etc., to ensure the wellbeing of each worker. These workers may also need to be evaluated to determine if they are suitable for lone working. Lone workers may also need additional training on their specific tasks and/or the recognized hazards, ensuring they are responsible for taking care of themselves and accounting for their own actions. Procedures for monitoring lone workers should be established, as well as who will be doing the monitoring (i.e. supervisor, coworkers). Lastly, a plan should be crafted for what happens in an emergency, and what role everyone plays. Keeping workers safe and having a lone worker policy is vital to adhere to the Occupational Safety and Health Administration's (OSHA) requirement to "provide a workplace free of recognized hazards."

### Actions

Considerations for lone worker policies and practices:

- Think first
- Determine hazards
- Communicate regularly
- Make sure someone knows where you are
- Take your time and don't cut corners
- If you don't know how to do something, don't do it
- If you get injured, stay calm

### Resources

For more information on Lone Worker Safety and COVID-19 please follow the links below.

- NRMCA: [Lone Worker Safety Program](#)
- NRMCA: [Safety Series](#)
- NRMCA: [COVID-19 Resources](#)



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