



Occupational Health & Safety Information Bulletin

“Working alone or in isolation” is when a worker is working in a circumstance where assistance would not be readily available in the event of an emergency, illness, or injury situation.

Working alone can increase the likelihood of some workplace hazards or risks occurring, and when incidents occur, the consequences can be more severe when people work alone.

NL has specific regulatory requirements for “working alone” or in isolation under the Occupational Health and Safety Regulations.

Regulation requirements:

- Employers are responsible for conducting a risk assessment when workers are working alone or in isolation.
- Appropriate controls need to be implemented to eliminate or minimize the risks of working alone.
- Employers are also responsible for developing a written check in/on procedures for the workers. These include:
 - time intervals between checks;
 - procedures to follow in case the lone worker cannot be reached; and
 - annual reviews of procedures to ensure they are working effectively.

An effective communication system is also an important factor when working alone.

For further details on working alone or in isolation, please refer to Part III Section 15 of the OHS Regulations.



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Call 709.729.2706 or toll-free 1.800.563.5471

