

LONE WORKER SAFETY

A self-management process for improving lone worker safety. Founded in science. Grounded in values.

SELF-MANAGEMENT SYSTEM FOR LONE WORKER SAFETY



DO YOU HAVE LONE WORKERS WHO ARE AT RISK OF GETTING HURT?

Safety for those who work in the field or in a plant environment without co-workers or supervisors can be a challenge because no one is available to do observations and provide real-time feedback about safe and at-risk behaviors. Traditional behavior-based safety (BBS) systems often fail the lone worker.



MORE THAN JUST SELF-OBSERVATION

Self-observation for lone workers is important for tracking safe and at-risk behaviors, although self-observation represents just one element of a comprehensive approach to self-management.



THE SCIENCE OF SELF-MANAGEMENT

ADI's lone worker safety process is a comprehensive self-management system for lone workers built on the science of behavior and ADI's years of experience in developing and implementing behavior-based solutions for safety and other key performance areas. It provides the tools for lone workers to develop effective self-management plans, implement the plans wherever they work, and make necessary adjustments to optimize development of safe habits.

ADI's process blends training and planning with practical actions for sustained improvements in critical safe behaviors. An interactive workshop focuses on personal values as the foundation for safety and self-management techniques as a skill set to use on the jobsite. Daily and weekly actions on the job complete the system.

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Building safe work habits for life.

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I **CARE ABOUT MY PERSONAL SAFETY AND THE SAFETY OF OTHERS**
Relate personal life values to safety at work
Review Individual safety habits
Plan self-management to build safer work habits

S **CAN FOR HAZARDS**
Identify how I could get hurt or cause a safety incident on the job today
Align with a comprehensive risk perspective and safety data

A **CTION**
Use your self-management plan on the job
Track your safe and at-risk actions daily

F **IX SAFETY OBSTACLES**
Identify and overcome triggers for at-risk actions

E **VALUATE**
Discuss progress with peers, supervisors, and family
Celebrate progress



Lone Worker Safety

ADI's lone worker safety process is designed to be used on its own, or in combination with behavior-based safety programs and ADI's Safety Leadership model.

Lone Worker Safety Process is a product of

ADI Aubrey Daniels International

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