
Lone Working In the Workplace - Lone Worker Training

For more information, visit our [Lone Working In the Workplace - Lone Worker Training](#) webpage.

COURSE CONTENTS

This training course is broken down into 4 sections

- 1 What is Personal Safety?
- 2 Practical Planning
- 3 Staying in control in difficult situations
- 4 Working alone

LEARNING OUTCOMES

- ✔ Learn about personal safety and how practical planning is important
- ✔ Understand and work towards compliance with the Health and Safety at Work Act 1974
- ✔ Learn how to stay in control of difficult situations where you might experience aggression

ABOUT THIS COURSE

This health and safety training programme has been designed to help **increase personal safety** during a working day - specifically, those working alone or away from colleagues.

It also applies to those whose job requires them to receive visitors, members of the public, customers or patients - in fact, anyone they may not know. Although personal safety at work is something that concerns everyone, **lone workers are more vulnerable and at greater risk of violence and aggression.**

This course will introduce the topic of personal safety; looking at increasing observation and awareness of other people's behaviour and making sure you have strategies to avoid threatening situations.

Although it's hard to believe, **around 46% of workers in the UK consider themselves to be 'lone workers'** and they come from various industries, such as **housing, social & health, homeworkers, transport & logistics, construction, retail and out of hours work.**

Lone working is completely legal, however, **employers have a legal obligation** to consider risks to health and safety. We believe our Lone Working in the Workplace Training to be the perfect solution.

If your job requires you to work away from a fixed workplace, our [Lone Working OUT OF the Workplace training](#) may be more useful to you.

This eLearning course only provides awareness education. Face to face training would be needed in addition in order to complete all-round skills and knowledge to be able to carry this forward practically in your organisation.