
Lone Working Out of the Workplace - Lone Worker Training

For more information, visit our [Lone Working Out of 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
- 4 Buddy Systems

LEARNING OUTCOMES

- ✔ Understand buddy systems that workplaces can implement and what they need to know about them
- ✔ Learn how to plan your routes so you arrive and return safely
- ✔ Learn how to stay in control of difficult situations where you might experience aggression

ABOUT THIS COURSE

This health and safety programme has been designed to help **increase personal safety** during a working day. It has particularly been designed for people who work alone, away from a fixed workplace and away from co-workers.

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 give you a good grounding in appropriate measures to ensure your personal safety: It looks at **increasing observation and awareness** of both your surroundings and the behaviour of those around you; building **preparation into your daily routine** and providing **strategies to avoid threatening situations**. Lone Working Out the Workplace Training also looks at what to do if things go wrong and covers how to effectively **use buddy and tracing systems**.

If you are a lone worker but work alone in a fixed place at work, you might find our [Lone Working IN the Workplace Training](#) more relevant.

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.