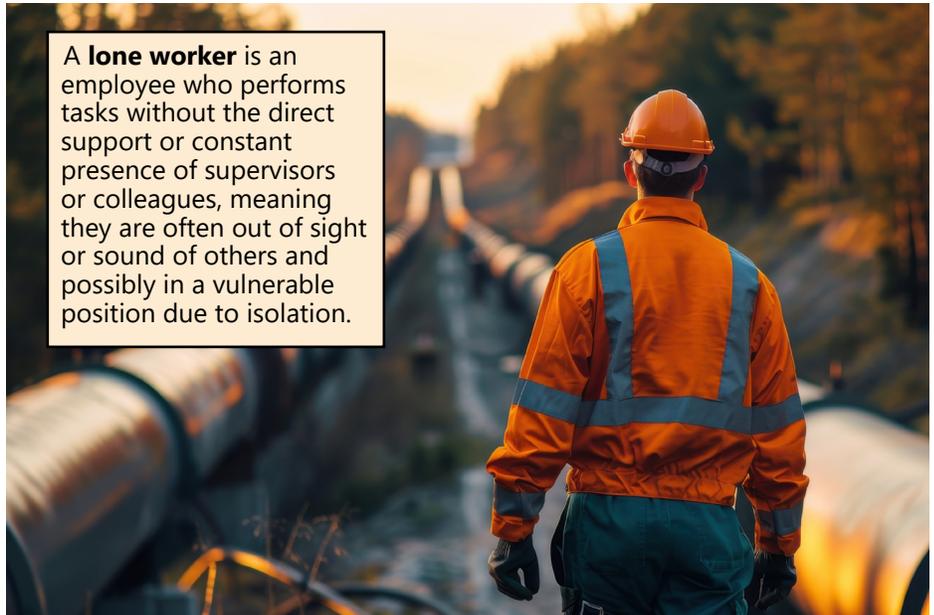


# Lone Worker Safety Fact Sheet

HS25-012A (09-25)

**F**rom oil and gas fields to retail stores, ride-share routes, and manufacturing floors, millions of workers perform their jobs alone. Without coworkers nearby, the risks multiply: a fall, medical emergency, toxic gas leak, or violent customer incident can quickly become life-threatening. Employers have a responsibility to make sure that “working alone” never means “working unprotected.”



A **lone worker** is an employee who performs tasks without the direct support or constant presence of supervisors or colleagues, meaning they are often out of sight or sound of others and possibly in a vulnerable position due to isolation.

## Technology to keep lone workers safe

Modern safety technology has transformed how employers protect employees who work in isolation. Today’s tools can **detect hazards instantly, send alerts automatically, and keep workers connected 24/7** — no matter where they are.

### Wearable safety devices

- Smart helmets, badges, and smartwatches now come with built-in Global Positioning Systems (GPS), man-down detection, panic buttons, and hazard monitoring sensors.
- These devices automatically alert supervisors if a worker falls, stops moving, or encounters dangerous conditions like low oxygen or toxic gas.

### Lone worker safety apps

- Mobile and wearable apps provide panic buttons, timed check-ins, and GPS location services.
- Some solutions remain functional even with weak network coverage, using Bluetooth or satellite connections to stay online.

### Real-time monitoring systems

- Connected platforms collect and display data from workers’ devices on a central dashboard.
- Supervisors or monitoring teams can see a worker’s status, receive alarms instantly, and coordinate emergency responses without delay.

### Personal alarms and communication devices

- Discreet alarms, wearable radios, and two-way devices allow workers to call for help at the push of a button.
- These tools provide immediate alerts in cases of threats, medical emergencies, or sudden falls.

## Building a complete lone worker safety program

Technology is powerful, but it must be supported by **policies, training, and workplace design**. A comprehensive lone worker safety program

(continued)

combines **connectivity, tools, procedures, and protections** tailored to the risks of each job.

### **Step 1: Start with a risk assessment.**

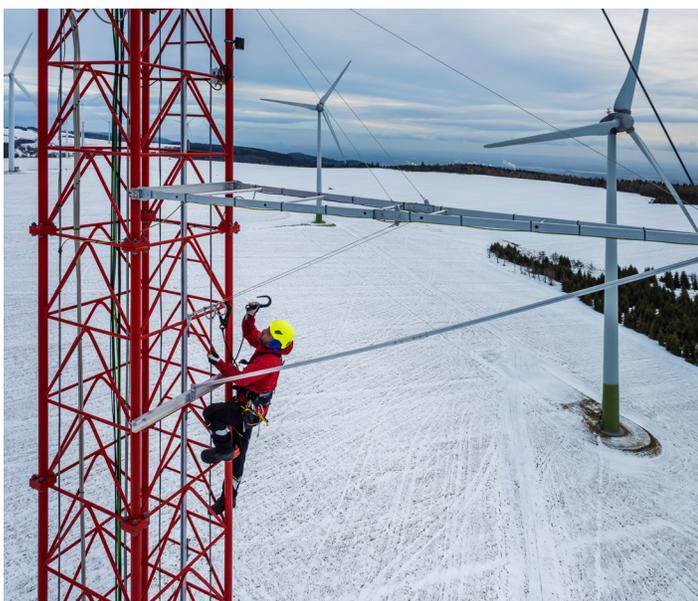
Every lone worker job is different. Inspectors in remote fields, overnight clerks in convenience stores, and drivers on city streets face unique hazards. Employers should:

- Map out the environments workers enter.
- Identify likely hazards, such as chemical, mechanical, environmental, or violence-related.
- Consider how long it would take help to arrive in an emergency.

### **Step 2: Make connectivity the backbone.**

The most advanced safety system fails without reliable communication. Employers should ensure:

- **Dual connectivity:** Devices that switch between cellular and satellite keep workers covered in both urban and remote areas.
- **Automatic alerts:** “Man-down” detection, panic buttons, and hazard sensors should transmit alarms without delay.



- **Two-way communication:** Workers must be able to speak directly with supervisors or monitoring staff, not just send alarms.

### **Step 3: Support technology with controls.**

Even with advanced devices, administrative and engineering controls remain vital.

#### **Administrative controls:**

- **Schedule check-ins** and use buddy systems for higher-risk jobs.
- **Create clear emergency escalation procedures** and ensure alerts reach multiple contacts.
- **Develop workplace violence prevention policies:** limit cash handling, use safe drop boxes, and empower workers to refuse unsafe service requests.

#### **Engineering controls:**

- **Retail and service industries:** Install protective barriers, bright lighting, and monitored surveillance systems.
- **Industrial sites:** Use area monitors, confined-space alarms, and machine guarding.
- **Vehicles:** Equip with GPS tracking, in-vehicle cameras, and secure partitions where appropriate.

### **Step 4: Train and practice.**

- Workers need to know how to use devices and respond to alarms. Effective programs include:
- Hands-on training with safety apps, wearables, and alarms.
- Drills that simulate gas leaks, medical incidents, or violent encounters.
- Ongoing refreshers so procedures stay second nature.



## Who are lone workers?

Lone workers aren't limited to one industry. They're everywhere. Some of the most common jobs include:

- **Convenience retail:** cashiers, overnight clerks, or staff working late hours.
- **Oil and gas:** inspectors, operators, and well-site workers.
- **Utilities and energy:** line workers, inspectors, and plant operators.
- **Manufacturing:** machine operators or maintenance staff in isolated areas.
- **Security:** night guards, patrol officers, and event staff.
- **Cleaning and janitorial services:** custodians or contract cleaners working after hours.
- **Health care:** home health aides, visiting nurses, paramedics, and social workers.
- **Construction:** workers in remote job sites, during off-hours, or in small crews.
- **Real estate, delivery, and field service:** drivers, sales representatives, or inspectors working alone in the field.

*No matter the setting, if help isn't immediately available in an emergency, consider the employee or contractor a lone worker.*

## Bringing it together

Protecting lone workers is no longer limited to scheduled phone check-ins or paper logs. With today's **connected technology**, employers can see workers' status in real time, receive automatic alerts, and coordinate faster emergency responses. When combined with clear policies, training, and workplace design, these systems create a powerful safety net.

Lone workers may perform their duties alone, but with the right safety program in place, they are never truly on their own.





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