

A man in a dark blue jacket is standing on a silver step ladder, looking upwards with a concerned expression. The background is a white drop ceiling with square light panels. The text 'Will anyone know if you get hurt?' is overlaid on the left side of the image.

**Will anyone  
know  
if you get  
hurt?**

# Working Alone

## DO's

**DO** assess your surroundings. It's crucial to identify any potential safety hazards before you begin your task. If you find hazards that could unnecessarily jeopardize your safety, take measures to mitigate them or simply avoid that task altogether.

**DO** Have access to a quick and easy method of communication. Getting help is essential and could save your life!

**DO** trust your instincts. If you're not comfortable performing a certain task, ask someone for help.

**DO** know your limitations!

**DO** have a plan in case of emergency.

## DONT'S

**DON'T** accept risks that aren't required. When you are working in isolation, you are already more vulnerable to hazards, and should not take on any additional or needless risks. Being cautious and observant of the hazards at hand will help you to avoid situations that could put your personal safety at risk.

**DON'T** assume that you are invincible!

