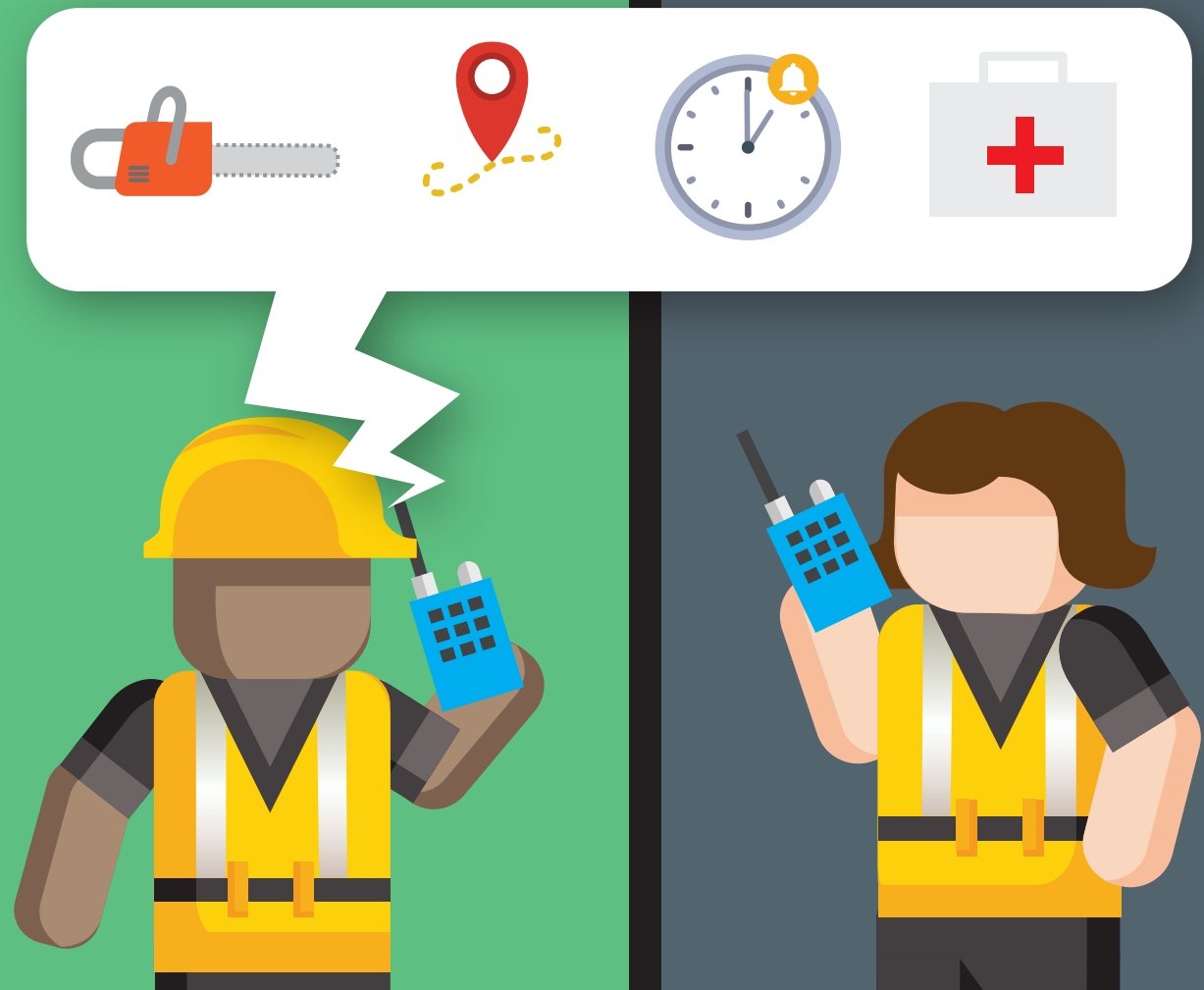


Working alone

- Tell someone exactly where you are working and what you are doing
- Have agreed check-in procedures
- Know what to do in an emergency



Working alone

Everyone working alone must be trained, skilled and experienced in the task they are doing. They must also be able to get help quickly.

Tell someone exactly where you're working and what you are doing

- Always have a two-way communication method with your check-in person.
- Don't change location without updating them on where you're going and what you're doing.
- Plan your work. If anything looks wrong, stop working immediately – help could be a long way off.
- Consider using equipment such as personal locator beacons and man-down technology.

Have agreed check-in procedures – and stick to them

- Check in exactly when you say you will – maybe when you refuel your chainsaw, maybe every hour. Always check in at the end of the day.
- If you're the check-in person, set up an alarm or notification system to keep track of check-in times. Or have a system that goes off if the person working alone doesn't check in.
 - » Know what to do if there's no response.
- If constant radio contact isn't possible, fallers should always have an observer with them.

Know what to do in an emergency

- Have a current first aid certificate and always carry a personal first aid kit.
- Make sure someone is close enough to get to you, ideally within 10 minutes of calling for help.
- Know exactly where you are so you can give clear co-ordinates to emergency services – be able to give your position in degrees decimal minutes.