Working Alone or in Isolation Risk Assessment Template

Approved: January 2026

1) Risks assessments should be led and completed by supervisor and involve employees who perform tasks. Performing a risk assessment requires: - Understanding where the work will be performed and what tasks will be performed; - Evaluation of the potential severity of an injury or illness, its probability of occurring, and how often someone or something is exposed to the identified hazards; -a review of all available health and safety information about the hazard — including incident reports from the workplace or similar workplaces, and analyzing Has this hazard led to harm before? If yes, what was the severity?; - Identification of actions necessary to eliminate or control the risk; - Monitoring and evaluation once controls are in place to confirm the risk of harm is controlled.
2) Complete the risk assessment. Refer to the additional tables referenced in Appendix A: Risk Assessment Guidance.
3) Legislation requires that hazard assessments be kept on file. File assessment in the personnel file and update the local Occupational Health Committee (OHC) or health and safety representative to ensure awareness.
4) Develop a plan for checking an employee's well-being which includes the time interval between checks and the procedure to follow in case the employee cannot be contacted. See Working Alone or in Isolation Communication Check-In Plan.

A	B	C	D	E	F	G
Hazards (Table 1)	**Worst probably injury**	**Likelihood of accident happening** (Table 2)	**Likelihood of disabling injury** (Table 3)	**Likelihood of help available** (Table 4)	**Frequency Rating** (C*D*E)	**Recommended Check-in Interval** (Table 5)

Check in Interval	
What is the shortest time interval from column G?	
What is the exact check-in interval that will be used?	

Appendix A: Risk Assessment Guidance

Table 1: General examples of workplace hazards

(This is not an exhaustive list and the supervisor is responsible for listing the detailed site-specific hazards)

Physical & Mechanical Energy	Environment	Substances
Sustained/Static/Awkward/ Constrained postures	Temperature/Humidity exposure (heat/cold stress)	Compressed gas, pressurized containers
Repetitive movements	Difficult terrain (slopes, cliffs, rocky, slick/wet, etc.)	Corrosive
High forces (push, pull, lift)	Weather (strong rain, wind, waves, etc.)	Fumes, vapours, gases
Slips, trips and falls	Lighting	Flammable
Being caught in or struck by moving machinery or other objects	Wildlife (aggression, toxic, etc.)	Oxidizer
Fire or explosions	Workplace violence (public)	Toxic
Transportation and vehicle related accidents	Confined Space	Allergens
Overhead hazards (objects falling, powerlines, etc.)	Entanglement	Animals, Insects, etc.
Heights (falling, ladders, etc.)	Engulfment	Bacteria, viruses
Equipment (moving parts, pinch points, nip points, shear points, sharp edges)	Traffic	Blood and bodily fluids
Noise		Carcinogenic, cytotoxic substances
Vibration (Contact stress, etc.)		Materials (asbestos, lead, silica, wood dust, etc.)

Table 2: Likelihood of accident occurring

What is the Likelihood of an accident occurring in this situation or location? (Consider past incidents, or those in similar areas)	Score
Most likely	10
Very high likelihood	8
Quite possible, not unusual	6
Unusual, not likely	4
Remote possibility	2
Extremely remote possibility, but conceivable	0.5
Practically impossible (one in a million chance)	0.1

Table 3: Likelihood of disabling injury

What is the likelihood of a disabling injury resulting from this type of hazard or accident	Score
Expected	10
Probable	8
Unusual, not expected	6
Remotely possible	4
Practically impossible	2

Table 4: Likelihood of help being available

What is the likelihood of help being available?		Score
Almost Never	Employee is in an isolated area with no one likely to pass by or see the employee for 2 hours or more	12
Rare	Employee is working in an area where people pass by infrequently, e.g. every 30 to 60 minutes.	8
Occasionally	Employee is in an area where some people pass by regularly e.g. every 30 minutes or so.	6
Usual	Employee is not in the constant view of others, but if the employee was unexpectantly gone for any length of time, someone would notice and take action.	4
Frequently	The employee is in an area where people pass by often enough that there is a high likelihood of witnesses.	2
Continuous	The employee is in an area surrounded by a high volume of potential witnesses	1

Table 5: Recommended Check-In Interval. The score in this table is obtained by multiplying the selected values from Table 2, 3, and 4.

Recommended Check in Interval	Score
4-8 hours	1-250
2-5 hours	251-400
0.5-3 hours	401+