aractech
Global Learning for Operational Leaders



HEALTH SAFETY AND ENVIRONMENT | HSE-038

Lone Working and Remote Site Safety Management

Contact

+31 85 7444446
info@aractech.com
https://aractech.com

Address

Waarderweg 50, 2031 BP Haarlem - Netherlands.

aractech
Global Learning for Operational Leaders

Course content

Why Attend

Engineers visiting remote installations, field technicians, drivers, security staff, home-based employees and people working outside normal hours often have no colleague nearby when something goes wrong. A fall, medical emergency, violent incident or vehicle breakdown that would be minor in a staffed workplace can become life-threatening when help is hours away.

This Lone Working and Remote Site Safety Management training course provides a structured approach to identifying who works alone, assessing the specific risks they face and putting proportionate controls in place. Participants learn how to design safe systems of work, check-in and monitoring arrangements, communication and alarm solutions, and emergency response plans that work in isolated and remote locations.

Course Methodology

• The course uses short presentations, incident case studies, group risk assessments and scenario-based exercises. Participants assess realistic lone working situations, compare monitoring and communication options, test emergency procedures through table-top drills and work in teams to draft policy and procedure content that can be adapted to their own organisations.

Course Objectives

• Identify lone and remote working activities across different roles and locations

• Understand general legal duties and recognised good practice for protecting lone workers

• Carry out risk assessments that address isolation, environment, task, health and violence hazards

• Design safe systems of work, including tasks that must never be carried out alone

• Select suitable communication, check-in and lone worker monitoring solutions

• Develop emergency response and escalation procedures for remote and isolated sites

Target Audience

• HSE managers, officers and advisors

Global Learning for Operational Leaders

Course content

- Supervisors and managers of field, maintenance and mobile teams
- Facilities and site managers responsible for remote or unstaffed locations
- Security managers and control room supervisors

+31 85 7444446
info@aractech.com
Waarderweg 50, 2031 BP Haarlem - Netherlands.

aractech
Global Learning for Operational Leaders

Course outline

Detailed course outline

Day-by-day outline for Lone Working and Remote Site Safety Management.

Day 1 - Understanding Lone and Remote Working

• 09:00-09:34 | Defining Lone Working: Who works alone, when and where across different industries

• 09:34-10:08 | Remote and Isolated Sites: Distance, terrain, climate and limited emergency access

• 10:08-11:00 | Legal Duties and Good Practice: Employer responsibilities, employee duties and recognised guidance

• 11:00-11:30 | Coffee break

• 11:30-11:45 | Legal Duties and Good Practice: Employer responsibilities, employee duties and recognised guidance (continued)

• 11:45-12:19 | Learning from Incidents: Analysis of serious events involving lone and remote workers

• 12:19-12:53 | Mapping Lone Working Activities: Identifying roles, tasks, schedules and locations at risk

• 12:53-13:27 | The Role of Leadership: Setting expectations and resources for lone worker safety

• 13:27-14:00 | Group Activity: Creating a lone working inventory for a sample organisation

Global Learning for Operational Leaders

Course outline

Detailed course outline

Day-by-day outline for Lone Working and Remote Site Safety Management.

Day 2 - Risk Assessment for Lone Workers

• 09:00-09:34 | Hazard Categories: Task, environment, equipment, health, travel and violence hazards

• 09:34-10:08 | Individual Factors: Medical conditions, experience, training, age and new or expectant workers

• 10:08-10:42 | Tasks That Must Not Be Done Alone: Confined spaces, live electrical work, work at height and similar high-risk activities

• 10:42-11:00 | Violence and Aggression: Assessing risks for staff dealing with the public or handling cash and assets

• 11:00-11:30 | Coffee break

• 11:30-11:46 | Violence and Aggression: Assessing risks for staff dealing with the public or handling cash and assets (continued)

• 11:46-12:20 | Driving and Travel Risks: Journey planning, fatigue, breakdowns and adverse conditions

• 12:20-12:53 | Recording and Reviewing Assessments: Keeping assessments current as conditions change

• 12:53-14:00 | Practical Exercise: Completing risk assessments for three realistic lone working scenarios

aractech
Global Learning for Operational Leaders

Course outline

Detailed course outline

Day-by-day outline for Lone Working and Remote Site Safety Management.

Day 3 - Safe Systems of Work and Monitoring

• 09:00-09:34 | Hierarchy of Controls for Lone Working: Eliminating, reducing and managing isolation risks

• 09:34-10:08 | Safe Systems of Work: Permits, method statements, pre-task checks and authorisation to proceed

• 10:08-10:42 | Check-In and Check-Out Procedures: Buddy systems, scheduled calls and missed-check escalation

• 10:42-11:00 | Lone Worker Devices and Applications: Alarms, man-down detection, GPS location and satellite options

• 11:00-11:30 | Coffee break

• 11:30-11:46 | Lone Worker Devices and Applications: Alarms, man-down detection, GPS location and satellite options (continued)

• 11:46-12:20 | Communication in Poor Coverage Areas: Radio, satellite and planned contact points

• 12:20-12:53 | Monitoring Centres and Control Rooms: Roles, response times and record keeping

• 12:53-14:00 | Workshop: Designing a monitoring and escalation process for a remote maintenance team

aractech
Global Learning for Operational Leaders

Course outline

Detailed course outline

Day-by-day outline for Lone Working and Remote Site Safety Management.

Day 4 - Emergency Preparedness and Response

• 09:00-09:39 | Emergency Scenarios: Injury, sudden illness, vehicle incidents, fire, extreme weather and assault

• 09:39-10:18 | Emergency Response Planning: Roles, contact trees, response times and coordination with external services

• 10:18-10:57 | First Aid and Survival Provision: Kits, training and equipment for isolated locations

• 10:57-11:00 | Search and Recovery Arrangements: When a lone worker cannot be contacted

• 11:00-11:30 | Coffee break

• 11:30-12:06 | Search and Recovery Arrangements: When a lone worker cannot be contacted (continued)

• 12:06-12:44 | Medical Evacuation Considerations: Remote sites, offshore and desert environments

• 12:44-13:22 | Post-Incident Actions: Investigation, support for affected staff and learning

• 13:22-14:00 | Table-Top Drill: Responding to a missed check-in at a remote installation

Day 5 - Human Factors, Wellbeing and Policy

• 09:00-09:30 | Fatigue Management: Shift patterns, long drives and recognising impaired alertness

• 09:30-10:00 | Psychological Wellbeing: Isolation, stress and maintaining connection with remote employees

• 10:00-10:30 | Supervising People You Cannot See: Engagement, trust and performance conversations

• 10:30-11:00 | Training and Competence: Preparing lone workers for decision-making under pressure

• 11:00-11:30 | Coffee break

• 11:30-12:30 | Developing a Lone Working Policy: Structure, responsibilities, procedures and review

• 12:30-13:00 | Auditing Lone Working Arrangements: Inspection checklists and performance indicators

• 13:00-14:00 | Final Workshop: Drafting a lone working policy and action plan for participants' organisations

aractech
Global Learning for Operational Leaders

Seminar dates

Available seminar dates

Live dates and pricing for Lone Working and Remote Site Safety Management generated from the course details page.

Date	Location	Format	Fee
21 - 25 December 2026	London	Classroom	**€2,915**
7 - 11 December 2026	Barcelona	Classroom	**€2,275**
14 - 18 December 2026	Frankfurt	Classroom	**€2,175**
25 - 29 January 2027	London	Classroom	**€2,915**
4 - 8 January 2027	Barcelona	Classroom	**€2,275**
11 - 15 January 2027	Frankfurt	Classroom	**€2,175**
18 - 22 January 2027	Geneva	Classroom	**€3,315**
1 - 5 February 2027	London	Classroom	**€2,915**
8 - 12 February 2027	Barcelona	Classroom	**€2,275**
15 - 19 February 2027	Frankfurt	Classroom	**€2,175**

aractech
Global Learning for Operational Leaders

Seminar dates

Available seminar dates

Live dates and pricing for Lone Working and Remote Site Safety Management generated from the course details page.

Date	Location	Format	Fee
22 - 26 February 2027	Istanbul	Classroom	**€2,825**
8 - 12 March 2027	London	Classroom	**€2,915**
15 - 19 March 2027	Barcelona	Classroom	**€2,275**
22 - 26 March 2027	Frankfurt	Classroom	**€2,175**
1 - 5 March 2027	Kuala lumpur	Classroom	**€2,425**
19 - 23 April 2027	London	Classroom	**€2,915**
26 - 30 April 2027	Barcelona	Classroom	**€2,275**
5 - 9 April 2027	Frankfurt	Classroom	**€2,175**
12 - 16 April 2027	Madrid	Classroom	**€3,400**
24 - 28 May 2027	London	Classroom	**€2,915**

aractech
Global Learning for Operational Leaders

Seminar dates

Available seminar dates

Live dates and pricing for Lone Working and Remote Site Safety Management generated from the course details page.

Date	Location	Format	Fee
3 - 7 May 2027	Barcelona	Classroom	**€2,275**
10 - 14 May 2027	Frankfurt	Classroom	**€2,175**
17 - 21 May 2027	Munich	Classroom	**€2,425**
21 - 25 June 2027	London	Classroom	**€2,915**
7 - 11 June 2027	Barcelona	Classroom	**€2,275**
14 - 18 June 2027	Frankfurt	Classroom	**€2,175**
12 - 16 July 2027	London	Classroom	**€2,915**
19 - 23 July 2027	Barcelona	Classroom	**€2,275**
26 - 30 July 2027	Frankfurt	Classroom	**€2,175**
5 - 9 July 2027	Rome	Classroom	**€2,830**

aractech
Global Learning for Operational Leaders

Seminar dates

Available seminar dates

Live dates and pricing for Lone Working and Remote Site Safety Management generated from the course details page.

Date	Location	Format	Fee
16 - 20 August 2027	London	Classroom	**€2,915**
23 - 27 August 2027	Barcelona	Classroom	**€2,275**
2 - 6 August 2027	Frankfurt	Classroom	**€2,175**
9 - 13 August 2027	Vienna	Classroom	**€3,425**
20 - 24 September 2027	London	Classroom	**€2,915**
6 - 10 September 2027	Barcelona	Classroom	**€2,275**
13 - 17 September 2027	Frankfurt	Classroom	**€2,175**
4 - 8 October 2027	London	Classroom	**€2,915**
11 - 15 October 2027	Barcelona	Classroom	**€2,275**
18 - 22 October 2027	Frankfurt	Classroom	**€2,175**

aractech
Global Learning for Operational Leaders

Seminar dates

Available seminar dates

Live dates and pricing for Lone Working and Remote Site Safety Management generated from the course details page.

Date	Location	Format	Fee
25 - 29 October 2027	Cape Town	Classroom	**€1,825**
8 - 12 November 2027	London	Classroom	**€2,915**
15 - 19 November 2027	Barcelona	Classroom	**€2,275**
22 - 26 November 2027	Frankfurt	Classroom	**€2,175**
1 - 5 November 2027	Dubai	Classroom	**€2,845**
20 - 24 December 2027	London	Classroom	**€2,915**
27 - 31 December 2027	Barcelona	Classroom	**€2,275**
6 - 10 December 2027	Frankfurt	Classroom	**€2,175**
13 - 17 December 2027	Geneva	Classroom	**€3,315**
21 - 25 December 2026	Online / Live	Online / Live	**€1,625**

aractech
Global Learning for Operational Leaders

Seminar dates

Available seminar dates

Live dates and pricing for Lone Working and Remote Site Safety Management generated from the course details page.

Date	Location	Format	Fee
7 - 11 December 2026	Online / Live	Online / Live	**€1,625**
14 - 18 December 2026	Online / Live	Online / Live	**€1,625**
25 - 29 January 2027	Online / Live	Online / Live	**€1,625**
4 - 8 January 2027	Online / Live	Online / Live	**€1,625**
11 - 15 January 2027	Online / Live	Online / Live	**€1,625**
18 - 22 January 2027	Online / Live	Online / Live	**€1,625**
1 - 5 February 2027	Online / Live	Online / Live	**€1,625**
8 - 12 February 2027	Online / Live	Online / Live	**€1,625**
15 - 19 February 2027	Online / Live	Online / Live	**€1,625**
22 - 26 February 2027	Online / Live	Online / Live	**€1,625**

aractech
Global Learning for Operational Leaders



Seminar dates

Available seminar dates

Live dates and pricing for Lone Working and Remote Site Safety Management generated from the course details page.

Date	Location	Format	Fee
8 - 12 March 2027	Online / Live	Online / Live	**€1,625**
15 - 19 March 2027	Online / Live	Online / Live	**€1,625**
22 - 26 March 2027	Online / Live	Online / Live	**€1,625**
1 - 5 March 2027	Online / Live	Online / Live	**€1,625**
19 - 23 April 2027	Online / Live	Online / Live	**€1,625**
26 - 30 April 2027	Online / Live	Online / Live	**€1,625**
5 - 9 April 2027	Online / Live	Online / Live	**€1,625**
12 - 16 April 2027	Online / Live	Online / Live	**€1,625**
24 - 28 May 2027	Online / Live	Online / Live	**€1,625**
3 - 7 May 2027	Online / Live	Online / Live	**€1,625**

aractech
Global Learning for Operational Leaders



Seminar dates

Available seminar dates

Live dates and pricing for Lone Working and Remote Site Safety Management generated from the course details page.

Date	Location	Format	Fee
10 - 14 May 2027	Online / Live	Online / Live	**€1,625**
17 - 21 May 2027	Online / Live	Online / Live	**€1,625**
21 - 25 June 2027	Online / Live	Online / Live	**€1,625**
7 - 11 June 2027	Online / Live	Online / Live	**€1,625**
14 - 18 June 2027	Online / Live	Online / Live	**€1,625**
12 - 16 July 2027	Online / Live	Online / Live	**€1,625**
19 - 23 July 2027	Online / Live	Online / Live	**€1,625**
26 - 30 July 2027	Online / Live	Online / Live	**€1,625**
5 - 9 July 2027	Online / Live	Online / Live	**€1,625**
16 - 20 August 2027	Online / Live	Online / Live	**€1,625**

aractech
Global Learning for Operational Leaders



Seminar dates

Available seminar dates

Live dates and pricing for Lone Working and Remote Site Safety Management generated from the course details page.

Date	Location	Format	Fee
23 - 27 August 2027	Online / Live	Online / Live	**€1,625**
2 - 6 August 2027	Online / Live	Online / Live	**€1,625**
9 - 13 August 2027	Online / Live	Online / Live	**€1,625**
20 - 24 September 2027	Online / Live	Online / Live	**€1,625**
6 - 10 September 2027	Online / Live	Online / Live	**€1,625**
13 - 17 September 2027	Online / Live	Online / Live	**€1,625**
4 - 8 October 2027	Online / Live	Online / Live	**€1,625**
11 - 15 October 2027	Online / Live	Online / Live	**€1,625**
18 - 22 October 2027	Online / Live	Online / Live	**€1,625**
25 - 29 October 2027	Online / Live	Online / Live	**€1,625**

aractech
Global Learning for Operational Leaders

Seminar dates

Available seminar dates

Live dates and pricing for Lone Working and Remote Site Safety Management generated from the course details page.

Date	Location	Format	Fee
8 - 12 November 2027	Online / Live	Online / Live	**€1,625**
15 - 19 November 2027	Online / Live	Online / Live	**€1,625**
22 - 26 November 2027	Online / Live	Online / Live	**€1,625**
1 - 5 November 2027	Online / Live	Online / Live	**€1,625**
20 - 24 December 2027	Online / Live	Online / Live	**€1,625**
27 - 31 December 2027	Online / Live	Online / Live	**€1,625**
6 - 10 December 2027	Online / Live	Online / Live	**€1,625**
13 - 17 December 2027	Online / Live	Online / Live	**€1,625**