

# Contact Check Frequency for Workers Working Alone Worksheet



How often must you check on workers who work alone or in isolation'

One of the most critical elements of meeting the OHS requirement to ensure effective communication with workers who work alone or in isolation in dangerous circumstances is to establish a procedure for regular contacts and determine how frequently those contacts should occur. Here's a template of worksheet from WorkSafeBC that you can adapt to both determine the frequency of contacts for workers who work alone at your company.