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# keys for effective Self-Management in Lone Worker Safety

Lone Worker populations require more than traditional behavior-based safety systems to remain safe on the job.  
**Follow these critical steps for effective self-management:**

## 1

### Begin with Personal Values

Relate personal life values to safety at work.

## 2

### Individualize the Checklist

Identify behaviors customized to workers' unique challenges and environment and integrate with hazard assessment.

## 3

### Observe and Analyze Data

Track safe and at-risk behavior daily, identify and address barriers based on trends.

## 4

### Implement Improvement Strategies

Identify and respond to triggers for at-risk behavior, build in positive reinforcement for safe behaviors and strengthen the values-behavior link.

## 5

### Build in Social Support

Ask for regular feedback. Discuss and celebrate progress with peers, supervisors and family.

