

## ***“For Safety’s Sake - Do Something”***

***Working alone?***

***Does someone know  
where you are?***

***Will anyone know if  
you get hurt?***

If you have to head into the office, or onto a site when no one else is working:

- Have a plan in case of an emergency.
- Keep your cell phone handy at all times.
- Make sure that someone knows where you are, how long you will be there, and let them know if your plans change.
- Check in with a designated person whenever you arrive and leave locations.
- If you can, avoid performing tasks that normally require a second person (spotter) like climbing a ladder or heavy lifting.
- USE COMMON SENSE.