



# Dynamic Risk Assessment

## For Lone Working On Farms

This Dynamic Risk Assessment card is to be used as a quick guide and 'aide memoire' in the field/on the farm. It does not replace the full risk assessments/safe working procedures which should be referred to for further guidance.

**Ask the question.** If the answer is **GREEN – GO**. If the answer is **RED – STOP**.

<b>GENERAL</b>		
<b>1</b>	Do I have a copy of the Generic Risk assessment?	<b>YES</b> <b>NO</b>
<b>2</b>	Have I applied all the control measures?	<b>YES</b> <b>NO</b>
<b>3</b>	Have I checked the need for any additional measures and applied if necessary?	<b>YES</b> <b>NO</b>
<b>PERSONNEL</b>		
<b>4</b>	Am I trained for this activity?	<b>YES</b> <b>NO</b>
<b>5</b>	If I am lone working does someone know where I am?	<b>YES</b> <b>NO</b>
<b>6</b>	Do I feel safe working at this site?	<b>YES</b> <b>NO</b>
<b>7</b>	Am I fit to do the job?	<b>YES</b> <b>NO</b>
<b>EQUIPMENT</b>		
<b>8</b>	Am I trained and competent to use the equipment?	<b>YES</b> <b>NO</b>
<b>9</b>	Do I have the correct equipment?	<b>YES</b> <b>NO</b>
<b>10</b>	Is the equipment free from defects?	<b>YES</b> <b>NO</b>
<b>11</b>	Have I got the correct safety equipment?	<b>YES</b> <b>NO</b>
<b>12</b>	Is the safety equipment free from defects?	<b>YES</b> <b>NO</b>
<b>SITE</b>		
<b>13</b>	Are adverse weather conditions going to increase the risks to an unacceptable level?	<b>YES</b> <b>NO</b>
<b>14</b>	Are there any other activities taking place which may increase the risk to an unacceptable level?	<b>YES</b> <b>NO</b>
<b>15</b>	Have I met all the owners requirements for working on his land/site?	<b>YES</b> <b>NO</b>
<b>OTHER</b>		
<b>16</b>	Do I have any other concerns about the work I am about to undertake?	<b>YES</b> <b>NO</b>
<b>17</b>	Is it safe to continue?	<b>YES</b> <b>NO</b>

# 4 positive steps to reduce risk

## 1. KNOW THE RISK

Continue to review the risk assessment, particularly where there have been changes. Consider and implement the agreed safety measures and assess the level of skill. Implement correct incident reporting procedures. Make visiting third parties aware of hazards.

## 2. STAY CONNECTED

Consider if mobile phones will have a signal and utilise alternative forms of communication if necessary, such as two way radios.

## 3. PLAN AHEAD

Make people aware of your plans, what tasks you will be undertaking and check in regularly at an agreed time. Ensure you can give an accurate location to emergency services if an incident should occur.

## 4. CONTINGENCY PLANNING

Know the action steps if things go wrong and ensure instruction and training in proper procedures is provided to staff members. Who to ring. Who is first aid trained. Provide first aid kits and self-first aid training and awareness.

# 4 ways to combat isolation and loneliness

## 1. TALK

Isolation can turn to loneliness – loneliness can in turn lead to mental wellbeing issues. Encourage staff members to talk about any concerns they may have. Communicate regularly, share ideas and take breaks together. Stay in touch with neighbouring farmers and colleagues.

## 2. ENCOURAGE DOWNTIME

Take time to enjoy activities with family and friends, sporting activities and clubs. Be part of your local community.

## 3. AVOID ASSUMPTION

Be open about expectations, encourage staff to ask for training or to ask for help when a task requires support. Involve team members when measuring risk and agreeing best practice. Ask your neighbour "how are things really?"

## 4. RESPECT CONFIDENTIALITY

If someone opens up to you, give that person time and respect. Don't pass on information unnecessarily and communicate your thoughts and plans for change going forward.

## FCN Helpline: 03000 111 999

The Farming Community Network provides **FREE** confidential practical and pastoral support to farmers and families within the farming community. Their national helpline is open every day of the year from 7am – 11pm.

### USEFUL LINKS...

**HSE Lone Working Guidelines**

[www.hse.gov.uk/pubns/indg73.htm](http://www.hse.gov.uk/pubns/indg73.htm)

**NFU Lone Working on Farms Guidelines**

[www.nfuonline.com/cross-sector/farm-business/farm-safety/farm-safety-news/lone-working/](http://www.nfuonline.com/cross-sector/farm-business/farm-safety/farm-safety-news/lone-working/)