**LONE OR ISOLATED WORKER(s) EMERGENCY PLANNING GUIDANCE (OPTIONAL)**

This is an optional planning tool to assist contractors in emergency planning for lone or isolated workers. We have listed some risk factors and common mitigations BPA incorporates into our own work planning when working alone or working in remote/isolated areas. You are responsible for your own risk evaluation. The guide is provided for assistance and consideration as you develop your own risk evaluation and mitigation planning in accordance with Federal and State requirements.

Location Information for EMS

Some locations, especially on rights-of-way, do not have street addresses, are difficult to find, and are challenging to navigation software. BPA crews often note in work planning the GPS coordinates of the worksite and a location such as a readily identifiable cross-road where a member of the crew can meet EMS and lead them to difficult to locate locations.

Communications

Cellular towers may be unavailable in some of our transmission line rights of way. BPA crews generally use radio communications for these types of remote locations. Suggestions to mitigate are:

* Try different carriers. At some sites, one carrier may have a signal while others don’t.
* Locate a nearby location where a cellular signal may be received. Note, if a medical emergency, consider the number of people and if CPR or other lifesaving efforts can be done while seeking a cellular signal.
* Use a satellite phone service for these locations.

Emergency Medical Services (EMS)

Many of our work locations on transmission line rights-of-way are 4-wheel drive only. BPA has found in some locations the local EMS services simply do not vehicles capable of reaching some worksites adding considerable time to response times to either walk-in, or seek support from other agencies with more capabilities. These are some mitigations BPA has taken in pre-planning for these situations for consideration:

* Life Flight services are available if contracted in advance.
* Advanced first aid training that includes emergency transport in conjunction with pre-planning to transport an injured worker to a site that EMS can reach.
* Identification of a cross-road or other location where a member of the work crew can meet EMS and provide transport of EMS personnel.

Lone Worker

A lone worker in a remote area having an injury or medical event may have difficulty or may not be able to summon help with traditional methods. Some techniques BPA managers have used to protect lone workers are:

* Requiring an end-of-shift or sooner check-in with supervisors to confirm worker has left the remote area.
* Utilizing satellite emergency systems that require 1-hand push of a button to summon help and provide GPS location for emergency response.