

# Safety System Assessment Worksheet

To begin assessing your current safety systems, below is a worksheet to guide your thinking around the elements of a comprehensive lone worker safety system and incident response plan.

For each section below, circle a score

1–2 = Needs attention  
3 = Adequate, but limited  
4–5 = Strong and scalable

Program Component	Question	Score
Timely Alerts	Can workers trigger an emergency alert in under 3 seconds?	1 2 3 4 5
Emergency Notifications	Does the system enable one-to-many alert notifications to ensure multiple people are instantly aware of an emergency?	1 2 3 4 5
Check-in Process	Can your lone workers check-in in under 5 seconds and are supervisors automatically notified of missed check-ins?	1 2 3 4 5
Protocol Consistency	How consistent are check-in, missed check-in escalation, and incident documentation procedures across different departments or work groups?	1 2 3 4 5
Response Time	What is your average response time when an employee misses a regular scheduled check-in?	1 2 3 4 5
Monitoring Protocol	Are alerts monitored 24/7 and escalated reliably?	1 2 3 4 5
Coverage in Remote Areas	Are workers in remote zones covered even without cell service?	1 2 3 4 5
Staff Training & Onboarding	Is safety system training fully integrated and documented?	1 2 3 4 5
Regulatory Compliance	How easily can you demonstrate compliance with OSHA's General Duty Clause or other lone worker regulations?	1 2 3 4 5