



A self-management process for improving lone worker safety. Founded in science. Grounded in values.

# SELF-MANAGEMENT SYSTEM FOR LONE WORKER SAFETY



## DO YOU HAVE LONE WORKERS WHO ARE AT RISK OF GETTING HURT?

Safety for those who work in the field or in a plant environment without co-workers or supervisors can be a challenge because no one is available to do observations and provide real-time feedback about safe and at-risk behaviors. Traditional behavior-based safety (BBS) systems often fail the lone worker.



## MORE THAN JUST SELF-OBSERVATION

Self-observation for lone workers is important for tracking safe and at-risk behaviors, although self-observation represents just one element of a comprehensive approach to self-management.



## THE SCIENCE OF SELF-MANAGEMENT

i-SAFE™ is a comprehensive self-management system for lone workers built on the science of behavior and ADI's years of experience in developing and implementing behavior-based solutions for safety and other key performance areas. i-SAFE provides the tools for lone workers to develop effective self-management plans, implement the plans wherever they work, and make necessary adjustments to optimize development of safe habits.

i-SAFE blends training and planning with practical actions for sustained improvements in critical safe behaviors. An interactive workshop focuses on personal values as the foundation for safety and self-management techniques as a skill set to use on the jobsite. Daily and weekly actions on the job complete the system.

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**i-SAFE: Building safe work habits for life.**



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improving lone worker safety.  
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**I** **CARE ABOUT MY PERSONAL SAFETY AND THE SAFETY OF OTHERS**  
Relate personal life values to safety at work  
Review Individual safety habits  
Plan self-management to build safer work habits

**S** **CAN FOR HAZARDS**  
Identify how I could get hurt or cause a safety incident on the job today  
Align with a comprehensive risk perspective and safety data

**A** **CTION**  
Use your self-management plan on the job  
Track your safe and at-risk actions daily

**F** **IX SAFETY OBSTACLES**  
Identify and overcome triggers for at-risk actions

**E** **VALUATE**  
Discuss progress with peers, supervisors, and family  
Celebrate progress



## **i-SAFE**

i-SAFE is designed to be used on its own, or in combination with behavior-based safety programs and ADI's Safety Leadership model.

i-SAFE is a product of

**ADI** Aubrey Daniels International

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