



FARM SAFETY CHECK

Working Alone Checklist

There are tasks that should never be done alone on the farm, such as working in a confined space. In fact, it's usually best to work in pairs or groups. However, if you need to do a task alone, first [stop, think, and act](#). Stop and ask yourself what could go wrong. How bad could it be? Has anything changed? Then think. Ask yourself if you clearly understand the task. Are you physically and mentally ready? Do you have the right tools? This checklist is for those instances where you feel safe enough to act.

You and/or your employee(s) can use this form to complete safety checks on your farm. Use the form below to list additional safety checks you think are important when inspecting your farm. Keep the completed forms for follow-up, future reference and inspections. Additional copies of this form can be downloaded at: <http://umash.umn.edu/umash-farm-safety-check/>

Checklist Items	Yes	Needs Correction	Date Corrected or Notes
Can the task be completed at a different time with more than one person? How?	<input type="checkbox"/>	<input type="checkbox"/>	
Consider what hazards exist when working alone, such as heights, machinery, livestock, and chemicals.	<input type="checkbox"/>	<input type="checkbox"/>	
How can you eliminate these hazards, substitute them with something safer, or create barriers between yourself and the hazards?	<input type="checkbox"/>	<input type="checkbox"/>	
Are you and employees fully trained on safely doing the task?	<input type="checkbox"/>	<input type="checkbox"/>	
Are you rested, focused, fed and hydrated?	<input type="checkbox"/>	<input type="checkbox"/>	
Does someone know where you'll be and what you'll be doing? Do they plan to check on you at a certain time?	<input type="checkbox"/>	<input type="checkbox"/>	
Does this person have supplies if you're injured? Do you have a fully-stocked first aid kit? (See resources below).	<input type="checkbox"/>	<input type="checkbox"/>	
Stick to a return plan. Who will make sure you've returned at the agreed-upon time?	<input type="checkbox"/>	<input type="checkbox"/>	
Do you have the appropriate tools with you?	<input type="checkbox"/>	<input type="checkbox"/>	
Are you wearing all of the correct personal protective equipment (PPE) for the job?	<input type="checkbox"/>	<input type="checkbox"/>	
Do you have an emergency plan in place, including what you'll do if injured or an escape plan when working with livestock?	<input type="checkbox"/>	<input type="checkbox"/>	

Name of person completing safety check: _____ Date completed: ____ / ____ / ____

SEE THE NEXT PAGE FOR ADDITIONAL RESOURCES



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Working Alone

Additional Hazards	Yes	Needs Correction	Date Corrected or Notes
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	

ADDITIONAL RESOURCES

[VIDEO: Farm Safety: Working Alone Safely](#)

Workplace Safety & Prevention Services

[Farm Safety Check: STOP-THINK-ACT](#)

Upper Midwest Agricultural Safety and Health Center (UMASH)

[Farm Safety Check: Emergency Preparedness](#)

Upper Midwest Agricultural Safety and Health Center (UMASH)

[Questions to ask yourself before working alone](#)

Canadian Centre for Occupational Health & Safety

[What to pack in a summer first aid kit](#)

GoHealth Urgent Care

[What to pack in a winter storm survival kit](#)

National Weather Service

The facts and information provided are suggestions for your safety, but are in no way a comprehensive and exhaustive list of all actions needed to ensure your safety, and are not an endorsement of any products mentioned.

For additional Farm Safety Check topics and resources, visit: <http://umash.umn.edu/umash-farm-safety-check/>

To receive Farm Safety Check topics via email, join the UMASH email list at <http://umash.umn.edu/join-our-email-list>