

How To Implement a Remote Buddy System During the COVID-19 Pandemic

Working alone? Consider using a remote buddy system for your safety.

Tell Your Buddy
when you're **ON**
Campus



Check in or set up
video monitoring
when you arrive at
the lab/office

Check In
periodically



Periodically check in
with your buddy at
pre-arranged
intervals.

Tell Your Buddy
when you're
leaving



Let your buddy
know when you're
done and leaving.

- Develop an **emergency plan** to be followed if the lone worker does not check-in when they are supposed to.
- Pick a **code word** to be used to identify or confirm that help is needed.
- The buddy person should know when and **how to activate** the emergency plan.