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.

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