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 periodically

Tell Your Buddy when you’re leaving

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

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

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.

(951) 827-5528
ehsPublicHealth@ucr.edu
eh.s.ucr.edu/coronavirus