

What is a buddy system?

A buddy system is a process set up to increase the safety of a lone worker. In its simplest form a buddy system will involve the lone worker logging details of where they will be and at what time. Once the worker arrives they will then let their buddy know they are safe, and again once their meeting is finished, or checking in at certain pre determined points while out on their own. A buddy system doesn't have to be expensive and can be as simple as leaving details in an office diary and asking a colleague to be your buddy. This enables someone to know a worker is safe but also to be alert if there is a problem should they not make contact on time.

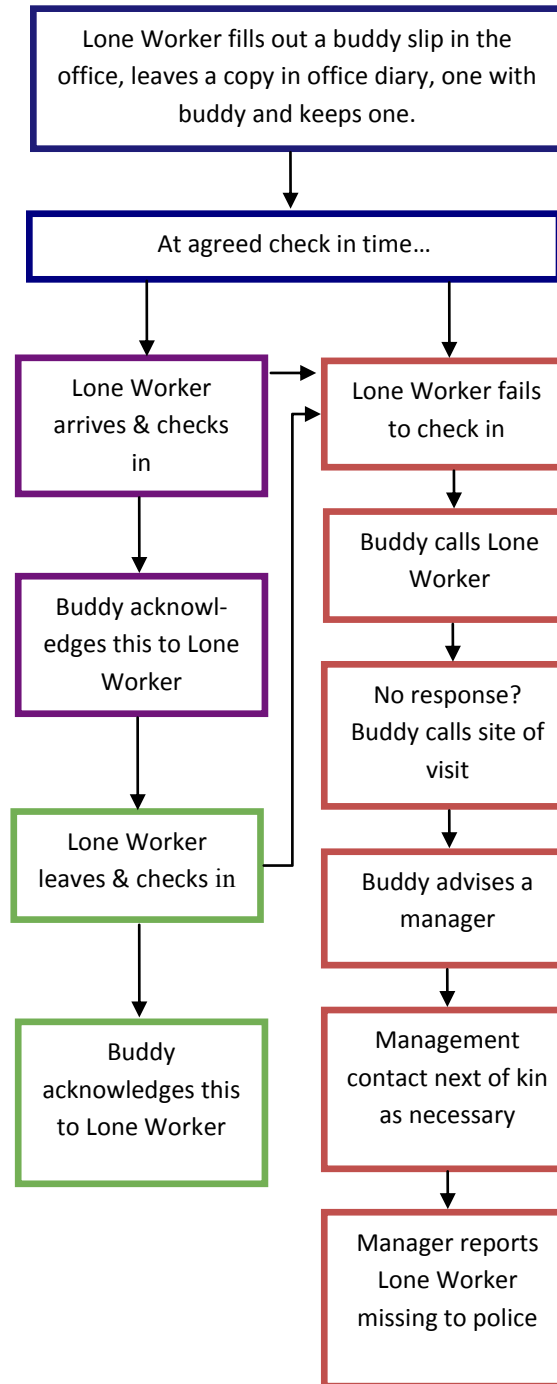
Why use a buddy system?

A buddy system is used to improve the safety of a lone worker. It ensures lone workers have a way of reaching help quickly if needed, and also aids the speed that help can get to them as the address details of where the lone worker is would have been recorded.

How easy are they to use?

There are many types of Lone Worker systems and devices on the market, all of which offer their own unique services and advantages. An organisation may choose to adopt a similar model to the one on the next page at very little cost to the organisation, or invest further into a device that will operate a similar system off site using call centres.

Simple Buddy System Model



Do you need a buddy system?

How many of these statements can you answer 'yes' to?

- ❑ My colleagues know where to start looking should I not return on time
- ❑ If I decide to change my plans during the day someone will be aware of this
- ❑ We have a clear procedure to follow in case someone does not return at the expected time
- ❑ We have a system for me to raise an alarm covertly in case of an emergency while working alone
- ❑ I am confident that an appropriate person will pick up the phone if I call the office in an emergency
- ❑ When (if) I am lone working out of office hours, we have a system to monitor my safety
- ❑ There is information available so that my manager could contact my next of kin should I fail to return from an appointment
- ❑ My next of kin have the contact details of a colleague should I fail to return from work, even if this happens outside office hours