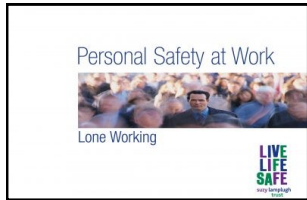


Further information from Suzy Lamplugh Trust...

Lone Working Booklet

This booklet is aimed at staff working in many different lone working scenarios; for example those working in other people's homes or in remote locations.



Buddy Pad

Suzy Lamplugh Trust has developed a pad which includes 50 ready made buddy slips to use when implementing your own system. Space is left on the slip for staff to fill in their information and will make 3 copies.

Personal Alarms

We sell a range of personal alarms including gas and battery powered for all needs.



For more information on any of the
above products, visit our webshop at
www.suzylamplugh.org/shop



Suzy Lamplugh Trust

Suzy Lamplugh Trust was founded in 1986 following the disappearance of the young estate agent. Our mission is to campaign, educate, and support people help to reduce the risk of violence and aggression for everyone.

More safety leaflets are available to
download for free from the Suzy
Lamplugh Trust website at
www.suzylamplugh.org/tips

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Keeping Safe

BUDDY SYSTEMS



www.suzylamplugh.org

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.

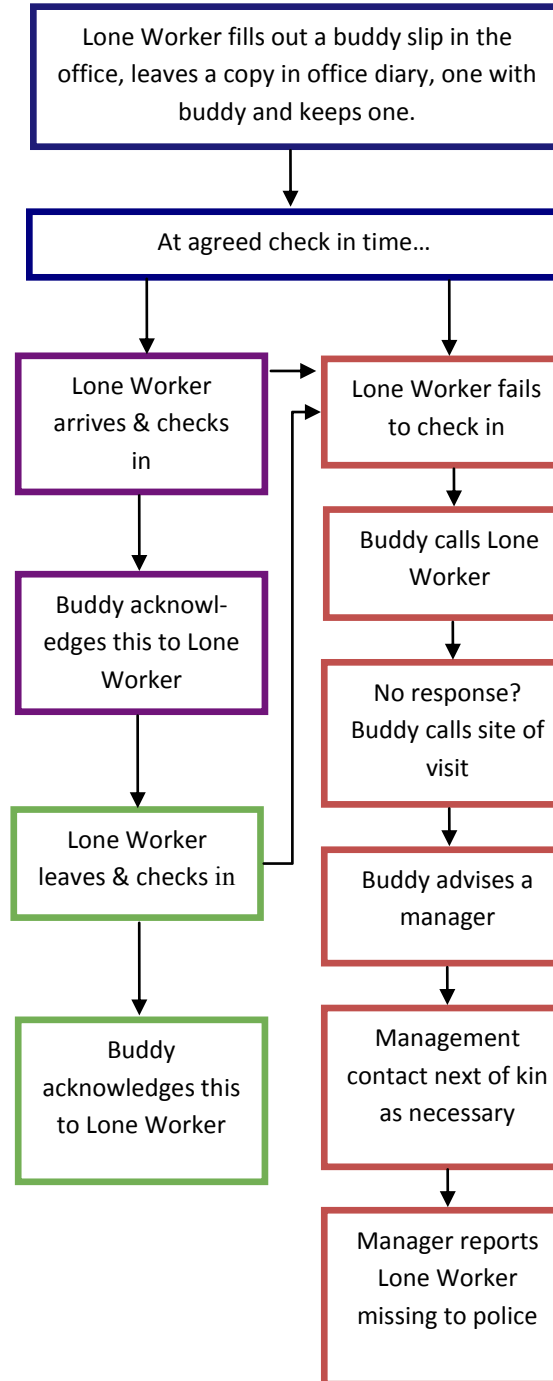
Why use a buddy system?

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