

NIOSH FACT SHEET

The Buddy System

What is the Buddy System?

The buddy system is an effective method by which a deployed staff member shares in the responsibility for his or her partner's safety and well-being. This type of active support is important in any deployment. Buddies are responsible for looking after each other in two main areas:

- Personal safety
- Resilience

This fact sheet will help you understand the buddy system and how to use it.



Putting the Buddy System into Action

Deploy in 2-person teams (minimum).

- ✓ バディシステムは個人の安全とレジリエンスに役立つ
- ✓ バディと定期的にコミュニケーションをとる
- ✓ 環境ストレスなどお互いにみて休憩を取るよう促す
- ✓ PPEの着脱の確認をしあう
- ✓ 日常的な睡眠、食事、運動を奨励する
- ✓ 小さなことでも達成を承認する
- ✓ ストレス解消の機会があるか探る
- ✓ バーンアウトしそうな状況を承認する
- ✓ セラピストになってはいけない。
- ✓ 問題を詮索しない

DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Institute for Occupational Safety and Health

