

Getting Started with Safe + Sound Week

Pledge your commitment to workplace safety and health during Safe + Sound Week 2023

This August, we invite you to join thousands of businesses around the country in pledging your commitment to workplace safety and health. Safe + Sound Week is a nationwide event for workplaces to recognize and improve their safety and health programs.

Why participate?

Successful workplace safety and health programs can proactively identify and manage hazards before they cause injury or illness, while saving money and improving competitiveness.

Taking the Safe + Sound pledge will demonstrate your commitment to workplace safety and health to your workers, management, business partners, and the community.



New for 2023!

This year Safe + Sound will provide resources for businesses on mental health and well-being because we recognize that workplace safety and health extends beyond just physical hazards. We are committed to promoting equitable and inclusive mental health-friendly workplaces.

TAKE THE PLEDGE

First, reaffirm your commitment to workplace safety and health by taking our Safe + Sound Week pledge. Show your workplace values safety and health by sharing that you are participating. Take the Safe + Sound Week pledge at osha.gov/safeandsoundweek.

Safe + Sound Week Pledge

I pledge to make safety a core workplace value.

Everyone has the right to a safe and healthy workplace, and I will work to ensure everyone goes home safe and sound every day.

My workplace will be taking action to improve our safety and health program during Safe + Sound Week 2023.

PLAN YOUR ACTIVITIES

Next, it's time to take action! Plan activities for your workplace during Safe + Sound Week. These could include the first steps to getting your program started or improving an existing program.

Activities should directly relate to safety and health, be specific to your workplace, and engage your workers. This year we are sharing several ideas focused on mental health and wellness.

Find more ideas, activities, and graphics that you can use to plan and promote your activities by visiting the [Safe + Sound Week website](https://www.osha-safetyandhealth.gov/safeandsound).

Developing Your Safety and Health Program?

Visit [osha.gov/safeandsound](https://www.osha-safetyandhealth.gov/safeandsound) to learn why safety and health programs are important to your workplace.

Find ways to incorporate worker participation, management leadership, and effective strategies for finding and fixing hazards into your program.

Ideas for Safe + Sound Week Activities

- Complete one of the 8 Safe + Sound challenge activities
- Add to your program using the Safety and Health Programs Step-by-Step Guide
- Offer on-the-spot recognition of worker participation
- Conduct a safety walkaround
- Hold a refresher training on proper use of safety equipment
- Have workers share why safety matters to them
- Sign a management safety pledge
- Have workers sign a banner to commemorate your pledge

Focus on Mental Health and Wellbeing

- Offer a training on mental health awareness
- Encourage workers to support one another using conversation starters
- Ask workers to share with each other how they support their own wellbeing
- Provide information on where workers can get help in your community
- Practice mindfulness with a nature walk, yoga, or meditation



PROMOTE YOUR PARTICIPATION

Show how you engaged your workers during Safe + Sound Week or how your safety and health program has improved your workplace! Post on social media using the hashtag #SafeAndSoundAtWork or communicate directly with your workers with emails, newsletters, or meetings.



RECOGNIZE YOUR ACCOMPLISHMENTS

After you completed your Safe + Sound Week events, come back to our website to download a certificate and virtual challenge coin to recognize your organization.

