

# Social Media Toolkit

We're excited you are participating in Safe + Sound Week 2023! Showing your participation in Safe + Sound Week on social media encourages others to take the pledge and shows how your safety and health program has improved your workplace. Visit the [Safe + Sound Week website](https://www.osha.gov/safeandsoundweek) for:

- Logos and ready-to-print content
- Social media graphics on safety programs and mental health
- More ideas for Safe + Sound Week activities
- Materials in Spanish

## Join the Conversation

Twitter: [@OSHA\\_DOL](https://twitter.com/OSHA_DOL)

LinkedIn: [Occupational Safety and Health Administration](https://www.linkedin.com/company/occupational-safety-and-health-administration)

#SafeAndSoundAtWork

#SanoYSalvoEnElTrabajo

You can use these sample posts and graphics before, during and after Safe + Sound Week! All the graphics below are available at <https://www.osha.gov/safeandsoundweek/plan-and-promote>.

## Before Safe + Sound Week

- We are participating in Safe + Sound Week because [fill in reason]. Join us! <https://www.osha.gov/safeandsoundweek/#register> #SafeAndSoundAtWork
- This year we're recognizing Safe + Sound Week by [list activities]. Learn how you can participate at <https://www.osha.gov/safeandsoundweek> #SafeAndSoundAtWork
- Mental health and wellbeing are an important part of workplace safety and health! Learn how you can support employee wellbeing during Safe + Sound Week at <https://www.osha.gov/safeandsoundweek> #SafeAndSoundAtWork



## During Safe + Sound Week

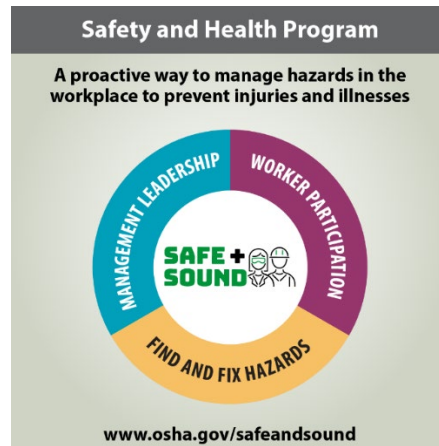
### Monday: Commit to Workplace Safety

- [Organization Name] is a proud [participant/partner] of Safe + Sound Week. #SafeAndSoundAtWork
- [Organization Name] is committed to being #SafeAndSoundAtWork because [reason]! Join us for Safe + Sound Week 2023!
- [Organization Name] is committed to workplace safety and health. #SafeAndSoundAtWork [Share image and spotlight a member who goes above and beyond to make workplace safety and health a top priority.]
- Why is workplace safety and health important, you ask? Listen to what our leadership has to say. #SafeAndSoundAtWork. [Get someone in leadership at your organization to share “Why they care about safety.”]
- Mental health and wellbeing are an important part of workplace safety and health! #SafeAndSoundAtWork



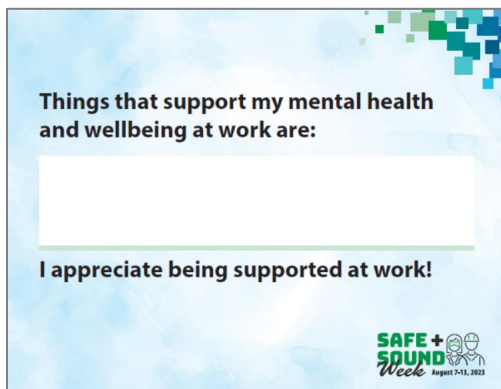
**Tuesday: Take Action!**

- At [Organization Name] we recognize that mental health and wellbeing are an important part of our workplace safety and health program. #SafeAndSoundAtWork
- [Organization Name] is committed to improving safety and health in our workplace one step at a time. Join us! [Link] #SafeAndSoundAtWork
- [Organization Name] has #EyesOnSafety. We challenge you to take the challenge: [https://www.osha.gov/sites/default/files/Activity\\_FF\\_EyesOnSafety.pdf](https://www.osha.gov/sites/default/files/Activity_FF_EyesOnSafety.pdf) #SafeAndSoundAtWork



**Wednesday: Worker Participation**

- At [Organization Name] we know it's important to support mental health because [reason]. Our workers agree! #SafeAndSoundAtWork
- Here at [Organization Name] our workers are safety and health leaders. Thank you for always being #SafeAndSoundAtWork
- At [Organization Name] we involve all our workers in safety and health programs. One thing we've learned is [lesson]. #SafeAndSoundAtWork
- Worker participation is a core element of a safety and health program! #SafeAndSoundAtWork
- At [Organization Name] our workers #SpeakUpForSafety. Take the challenge at <https://www.osha.gov/safeandsound/activities> #SafeAndSoundAtWork



## Thursday: Management Leadership

- The leadership at [Organization Name] is committed to be #SafeAndSoundAtWork. Join us and pledge your commitment. #SafeAndSoundAtWork
- [Organization Name] believes management leadership is a core element of a safety and health program because [reason]. #SafeAndSoundAtWork
- Safe + Sound Week is a great time to #ChampionSafety! Take the challenge at <https://www.osha.gov/safeandsound/activities> #SafeAndSoundAtWork
- [Organization Name] understands that mental health and wellbeing are important parts of a safety and health program. Learn more at [www.osha.gov/safeandsound](http://www.osha.gov/safeandsound) #SafeAndSoundAtWork
- At [Organization Name] we support mental health and wellbeing by [insert actions]. #SafeAndSoundAtWork



## Friday: Find and Fix Hazards

- At [Organization Name] we believe finding and fixing hazards is important because [reason]. #SafeAndSoundAtWork
- [Organization Name] strives for a safe workplace. Take the Check on Safety Challenge! Learn more: [https://www.osha.gov/sites/default/files/Activity\\_FF\\_Check-on-Safety.pdf](https://www.osha.gov/sites/default/files/Activity_FF_Check-on-Safety.pdf). #SafeAndSoundAtWork
- Safe + Sound Week is a great time to #HaltAHazard! Take the challenge at <https://www.osha.gov/safeandsound/activities> #SafeAndSoundAtWork



## Saturday: Supporting Mental Health

- [Organization Name] supports mental health and wellbeing as part of our safety and health program. Do you? [share image] #SafeAndSoundAtWork
- At [Organization Name] our safety and health program supports mental health and wellbeing by [actions]. #SafeAndSoundAtWork
- We encourage our workers to TALK as part of our safety and health program. Share this resource with your workers <https://www.osha.gov/safeandsoundweek/plan-and-promote>. #SafeAndSoundAtWork



## Sunday: Recognize Your Accomplishments!

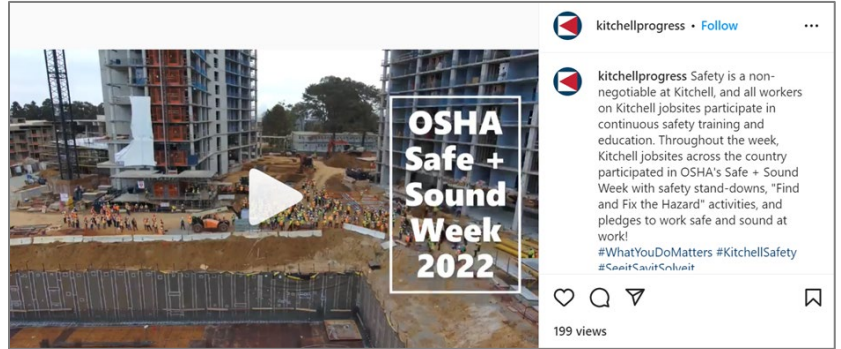
- [Organization Name] is wrapping up Safe + Sound Week 2023! Together we took the pledge and recognized the importance of workplace safety and health. #SafeAndSoundAtWork
- During Safe + Sound Week, we highlighted the importance of workplace safety and health by [activities]. #SafeAndSoundAtWork



## After Safe + Sound Week

- [Organization Name] was proud to participate in Safe + Sound Week 2023! Here were some of our favorite moments: [Share pictures of your workers/members participating in Safe + Sound Week events] #SafeAndSoundAtWork

**Past Safe + Sound Week Examples**



**BE&K Building Group**  
 @BEKBG\_tweets

This past week, BE&K participated in OSHA's 2022 Safe + Sound Week. BE&K is passionate about our people and their safety. We are committed to promoting safe behaviors each and every day.  
[#SafetyistheFoundationWeBuildOn](#) [#ItsAllAboutPeople](#)

**Columbine Label Co**  
 @ColumbineLabel

Columbine Label Stand Down for Safety - company lunch

Core Elements of a Safety and Health Program:

- Management Leadership
- Worker Participation
- Find and Fix Hazards

[#safeandsoundatwork](#) [#safetyfirstlabelprinting](#)  
[#safetyfirst](#) [#staysafe](#)