

# HOW TO PARTICIPATE IN SAFE + SOUND WEEK

August  
11-17

Get the most out of Safe + Sound Week! Make a plan to participate and demonstrate your commitment to workplace safety and health.

SAFE +  
SOUND  
WEEK  
2025

## SIGN UP TO PARTICIPATE

### Why should we participate?

When you sign up for Safe + Sound Week, you show your commitment to workplace safety and health to your workers, management, business partners, and community.

### How do we sign up?

Participation is easy, just sign up! Beginning in July, visit [osha.gov/SafeAndSoundWeek](https://osha.gov/SafeAndSoundWeek). Fill out the short registration form. You can even add your business to the Safe + Sound Week Map!

### How do we participate?

You can plan a private event for your workplace or host a public event that is free and open to everyone. Host one activity or weekly events – the choice is yours! We have customizable materials to help plan your Safe + Sound Week activities.

Find Safe and Sound Week materials at [osha.gov/SafeAndSoundWeek/Plan-And-Promote](https://osha.gov/SafeAndSoundWeek/Plan-And-Promote)

## PLAN YOUR ACTIVITIES

**It's time to act!** You may want to focus on one area of your program or take a different approach. Beginning in July, you will find themed materials for **Safe + Sound Week 2025: Preparedness is your Superpower.**

We can all be superheroes by preparing for emergencies. This Safe + Sound Week, join Captain Preparedness and Disaster Defeater on their quest to prepare workplaces across the country. Find materials about emergency action plans, activities for preparedness at work and at home, and more.

Download these at [osha.gov/SafeAndSoundWeek](https://osha.gov/SafeAndSoundWeek) and check back for updates.



DISASTER DEFEATER

## EMERGENCIES DON'T WAIT!

### Preparedness is Your Superpower



CAPTAIN PREPAREDNESS

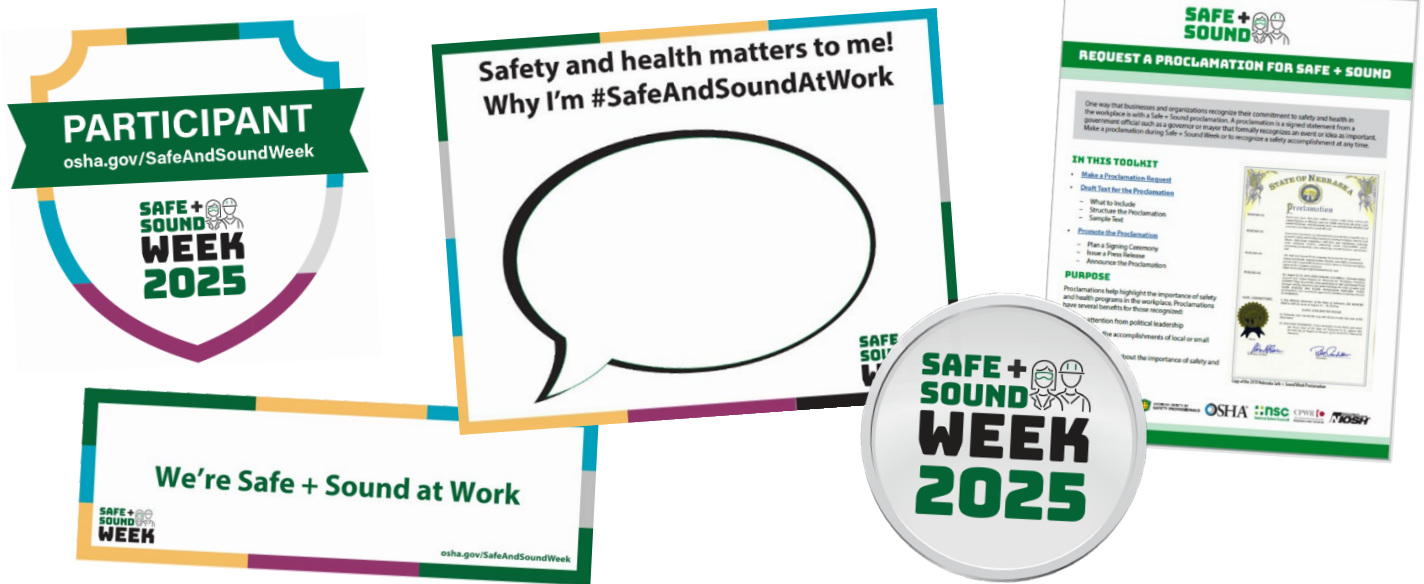
# OTHER IDEAS FOR SAFE + SOUND WEEK

Want to focus on a different topic? Make your own Safe + Sound Week path or use the ideas below.

Start Your Safety and Health Program	Recommit to Safety	Recognize Your Successes
<ul style="list-style-type: none"> <li>Review <a href="#">10 Ways to get your Program Started</a></li> <li>Have workers share <a href="#">why safety matters to them</a></li> <li>Review and update <a href="#">training on hazard identification</a></li> <li><a href="#">Define Program Goals</a></li> </ul>	<ul style="list-style-type: none"> <li>Identify a new way to <a href="#">involve workers</a></li> <li><a href="#">Remove barriers to participation</a></li> <li>Provide <a href="#">opportunities for feedback and ideas</a></li> <li>Complete a Safe + Sound <a href="#">challenge</a></li> <li>Request an <a href="#">on-site consultation</a></li> </ul>	<ul style="list-style-type: none"> <li>Explore the <a href="#">Step-by-Step Guide's Level 2 Worksheets</a></li> <li>Set new <a href="#">safety and health goals</a></li> <li>Apply to <a href="#">OSHA's Voluntary Protection Program (VPP)</a></li> <li>Request a <a href="#">proclamation for Safe + Sound</a></li> <li>Start a <a href="#">recognition program</a></li> </ul>

## FIND MATERIALS AND EXAMPLES

- Find resources on [developing your safety and health program](#).
- View the [Event Archive](#) for examples of how businesses participate in S+S Week.
- Explore [all the Safe + Sound Week Materials](#).
- Search [#SafeAndSoundAtWork](#) on social media.



Materials shown: Left – Participant Badge, Customizable Banner, Center – Worker Safety Pledge; Right – Annual Coin, Proclamation Toolkit

## DON'T FORGET!

### Promote Your Participation

Show how you engaged your workers during Safe + Sound Week on social media with #SafeAndSoundAtWork.

### Recognize Your Accomplishments

After Safe + Sound Week, download a certificate and virtual challenge from our website.

