



## HPW Safety Month

# Social Media Messages to Share




Below are eight ready-to-use social media messages developed for Facebook, Twitter, and Pinterest in support of Safety Month. Coordinate with your Public Affairs Office or local POC for social media to use these in your available communications channels.

### Recommended Use Instructions:




- Select two messages from the list below to send out each week during Safety Month.
- Copy and paste the message to post on Facebook, Twitter, or Pinterest or send to your social media POC for posting.

### Messaging

#### Post 1:




-  Summer is known for hot days, beach vacations, and cooking on the grill! Summer is also known for dangerous storms. Click here for tips on staying safe during a storm. #SafetyFirst <http://go.usa.gov/xcFZJ>
-  With summer come dangerous storms. Check out these tips on staying safe during a storm. <http://go.usa.gov/xcFZJ>
-  Summer is known for hot days, beach vacations, and cooking on the grill! Summer is also known for dangerous storms. Click here for tips on staying safe during a storm. #SafetyFirst <http://go.usa.gov/xcFZJ>

#### Post 2:




-  Whether you have suffered an injury on the job or at home, getting plenty of quality sleep is a key part of that recovery. Learn more on how you can sleep yourself strong! <http://go.usa.gov/xcFBw>
-  Give your brain a boost! Sleep yourself strong! <http://go.usa.gov/xcFBw>
-  Whether you have suffered an injury on the job or at home, getting plenty of quality sleep is a key part of that recovery. Learn more on how you can sleep yourself strong! <http://go.usa.gov/xcFBw>






### Post 3:

-  Sports are a great way to have fun and get some exercise, and proper planning can help keep you safe while you play. Click here for tips to help you stay safe! #SafetyFirst  
<http://go.usa.gov/xcFKx>
-  Sports are a great way to have fun and get some exercise, but safety is key!  
<http://go.usa.gov/xcFKx>
-  Sports are a great way to have fun and get some exercise, and proper planning can help keep you safe while you play. Click here for tips to help you stay safe! #SafetyFirst  
<http://go.usa.gov/xcFKx>



### Post 4:

-  Each year, thousands of automobile crashes occur due to drowsy driving. If you feel too tired to drive, pull over to a safe rest stop. Never drive drowsy! #SafetyFirst  
<http://go.usa.gov/xcFKj>
-  Did you know? Drowsy driving can be just as dangerous as drunk driving! #SafetyFirst  
<http://go.usa.gov/xcFKj>
-  Each year, thousands of automobile crashes occur due to drowsy driving. If you feel too tired to drive, pull over to a safe rest stop. Never drive drowsy! #SafetyFirst  
<http://go.usa.gov/xcFKj>


### Post 5:

-  If you are working outside, it's very important to stay hydrated, especially during the hot summer months. Your body loses water through regular activities such as sweating, urinating, and breathing. #SafetyFirst <http://go.usa.gov/xcFKh>
-  It's important to stay hydrated during the hot summer months! #SafetyFirst  
<http://go.usa.gov/xcFKh>
-  If you are working outside, it's very important to stay hydrated, especially during the hot summer months. Your body loses water through regular activities such as sweating, urinating, and breathing. #SafetyFirst <http://go.usa.gov/xcFKh>




### Post 6:

-  Have you heard about NMCPHC's Industrial Hygiene program? Click here to learn how this program plays a big role in your everyday safety at work! #SafetyFirst  
<http://go.usa.gov/xcFkk>
-  The NMCPHC Industrial Hygiene program can play a big role in your everyday safety at work. #SafetyFirst <http://go.usa.gov/xcFkk>






-  Have you heard about NMCPHC's Industrial Hygiene program? Click here to learn how this program plays a big role in your everyday safety at work! #SafetyFirst <http://go.usa.gov/xCFkk>

### Post 7:

-  If you enjoy activities in or on the water, there is one golden rule: Wear a life vest! Click here for tips on swimming safety! #SafetyFirst <http://go.usa.gov/xCFkP>
-  If you like to play in the water, make sure to wear a life vest! #SafetyFirst <http://go.usa.gov/xCFkP>
-  If you enjoy activities in or on the water, there is one golden rule: Wear a life vest! Click here for tips on swimming safety! #SafetyFirst <http://go.usa.gov/xCFkP>

### Post 8:

-  The NMCPHC offers you practical tools, educational resources, and evidence-based prevention strategies that help keep Sailors performing at their peak—on and off the job. #YouFallWeCatch <http://go.usa.gov/xCFkz>
-  The NMCPHC helps Sailors and Marines perform at their peak—on and off the job. #YouFallWeCatch <http://go.usa.gov/xCFkz>
-  The NMCPHC offers you practical tools, educational resources, and evidence-based prevention strategies that help keep Sailors performing at their peak—on and off the job. #YouFallWeCatch <http://go.usa.gov/xCFkz>