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**Social Media Toolkit**

**Sample social media posts**

Use or edit these sample posts for your organization’s social media needs. These posts are intended to raise awareness through social media about heat illness prevention and to be cautious while working outdoors in the heat. You can use these posts during Extreme Heat Awareness Month in July or throughout the year.

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| **Facebook Posts** | **Twitter Posts** | **Image or Graphic** |
| Working outdoors can expose you to heat stress from exertion and high temperatures. Heavy clothing, lack of water, and insufficient breaks make it worse. Beat the heat by staying hydrated, taking breaks when needed, and wearing breathable clothes!  #HeatSafety #OutdoorWork #StayHydrated #BeatTheHeat #WorkSafety | Working outdoors can expose you to heat stress from exertion and high temperatures. Heavy clothing, lack of water, and insufficient breaks make it worse. Beat the heat by staying hydrated, taking breaks indoors or in the shade, and wearing breathable clothes!  #HeatSafety #OutdoorWork #StayHydrated #BeatTheHeat #WorkSafety | A person drinking from a bottle  Description automatically generated |
| 🚨 Every year, around 120,000 work injuries in the U.S. are due to high heat, and this number could reach nearly 450,000 by 2050. Do your part! Watch out for signs of heat illness in yourself and others. And if you see something, say something.  #HeatSafety #WorkSafety #BeatTheHeat | 🚨 Every year, around 120,000 work injuries in the U.S. are due to high heat, and this number could reach nearly 450,000 by 2050. Do your part! Watch out for signs of heat illness in yourself and others. And if you see something, say something.  #HeatSafety #WorkSafety #BeatTheHeat | A person using a stethoscope to listen to a person's head  Description automatically generated |
| Who's at higher risk for heat illness at work? Pregnant workers.  Pregnancy raises body temperature, leading to quicker heat exhaustion, and requires more fluids to cool down. Plus, the extra weight can increase the risk of heat illness. Stay safe and hydrated! 💧  #HeatSafety #WorkSafety #Pregnancy #StayHydrated | Who's at higher risk for heat illness at work? Pregnant workers.  Pregnancy raises body temperature, leading to quicker heat exhaustion, and requires more fluids to cool down. Plus, the extra weight can increase the risk of heat illness. Stay safe and hydrated! 💧  #HeatSafety #WorkSafety #Pregnancy #StayHydrated | A person wearing a hard hat and holding a blueprint  Description automatically generated |
| People who are 60 and older can be at a higher risk of heat illness, especially if they work outside. As we get older, our bodies respond to heat more slowly, making it harder to regulate body temperature effectively. Be aware of your risk to prevent heat illness.  #WorkSafety #HeatSafety #HealthTips #KnowYourRisk | People who are 60 and older can be at a higher risk of heat illness from the sun, As we get older, our bodies respond to heat more slowly, making it harder to regulate body temperature effectively. Be aware of your risk to prevent heat illness.  #WorkSafety #HeatSafety #HealthTips #KnowYourRisk | A person wearing a safety vest and a hard hat |
| 🩺💊Did you know? Certain medical conditions and medications increase the risk of heat illness! Conditions like diabetes, respiratory infections, and poor nutrition, as well as medications like tranquilizers, water pills, antihistamines, beta blockers, and laxatives, can all play a role. Stay informed and take extra precautions to stay cool and safe this summer!  #HeatSafety #WorkHealth #StaySafe #KnowYourRisk | 🩺💊Did you know? Can certain medical conditions and medications increase the risk of heat illness? Conditions like diabetes, respiratory infections, and poor nutrition, as well as medications like tranquilizers, water pills, antihistamines, beta blockers, and laxatives, can all play a role. Stay informed and take extra precautions to stay cool and safe this summer!  #HeatSafety #WorkHealth #StaySafe #KnowYourRisk | A person holding a pill and a glass of water  Description automatically generated |
| 🔆Environmental factors such as high temperature and humidity, direct sun exposure, few cooling breezes, and limited access to air conditioning or shade can increase your risk of heat illness.  To stay safe while working outdoors:  Wear breathable clothing  Drink plenty of water  Rest indoors or in the shade  Gradually adjust to the heat  #HeatSafety #WorkHealth #StayCool #HydrationMatters | 🔆Environmental factors such as high temperature and humidity, direct sun exposure, few cooling breezes, and limited access to air conditioning or shade can increase your risk of heat illness.  To stay safe while working outdoors:  Wear breathable clothing  Drink plenty of water  Rest indoors or in the shade  Gradually adjust to the heat  #HeatSafety #WorkHealth #StayCool #HydrationMatters | A person wearing a hard hat and drinking from a bottle  Description automatically generated |
| Want to know when to take precautions to prevent heat illness? Download the OSHA-NIOSH Heat Safety Tool at osha.gov/heat/heat-app or use local news websites and weather apps to access the Heat Index in real time.  Stay safe! 🌞 #HeatSafety #BeatTheHeat #StayCool | Want to know when to take precautions to prevent heat illness? Download the OSHA-NIOSH Heat Safety Tool at osha.gov/heat/heat-app or use local news websites and weather apps to access the Heat Index in real time.  Stay safe! 🌞 #HeatSafety #BeatTheHeat #StayCool |  |
| Recognize the Signs and Respond!  **Symptoms of Heat Syncope (Fainting):**  • Light-headedness • Dizziness • Fainting  If someone shows these symptoms, act swiftly:  Move them to shade ASAP  Sit or lay them down  Elevate their legs to aid blood flow back to the heart  Stay informed and stay safe in the heat!  #SummerSafety #HeatIllness #HeatSafety #FirstAid #StayCool | Recognize the Signs and Respond!  **Symptoms of Heat Syncope (Fainting):**  • Light-headedness • Dizziness • Fainting  If someone shows these symptoms, act swiftly:  Move them to shade ASAP  Sit or lay them down  Elevate their legs to aid blood flow back to the heart  Stay informed and stay safe in the heat!  #SummerSafety #HeatIllness #HeatSafety #FirstAid #StayCool | A group of construction workers lying on the ground  Description automatically generated |
| Recognize the Signs and Respond!  **Symptoms of Heat Rash:**  • Red clusters of pimples or small blisters • Itching or discomfort  If someone shows these symptoms, act swiftly:  Keep the affected area dry  Change out damp clothing regularly throughout the day  Stay proactive and stay cool in the heat! #SummerSafety #HeatSafety #FirstAid #StayCool | Recognize the Signs and Respond!  **Symptoms of Heat Rash:**  • Red clusters of pimples or small blisters • Itching or discomfort  If someone shows these symptoms, act swiftly:  Keep the affected area dry  Change out damp clothing regularly throughout the day  Stay proactive and stay cool in the heat! #SummerSafety #HeatSafety #FirstAid #StayCool | A close-up of a rash on a person's chest  Description automatically generated |
| Recognize the Signs and Respond!  **Symptoms of Exercise-Induced Muscle Cramps:**  • Painful, involuntary muscle contractions • Muscle stiffness  If someone shows these symptoms, act swiftly:  Rest in a cool, shaded area  Stretch the affected muscle gently  Hydrate with water or electrolyte beverages  Stay proactive and stay cool in the heat! #HealthTips #HeatSafety #StayCool | Recognize the Signs and Respond!  **Symptoms of Exercise-Induced Muscle Cramps:**  • Painful, involuntary muscle contractions • Muscle stiffness  If someone shows these symptoms, act swiftly:  Rest in a cool, shaded area  Stretch the affected muscle gently  Hydrate with water or electrolyte beverages  Stay proactive and stay cool in the heat! #HealthTips #HeatSafety #StayCool | A person sitting on the ground drinking from a bottle  Description automatically generated |