THE SOCIAL MEDIA profiles of job candidates are an area of scrutiny for recruiters. In fact, there are now even online research analysts who will comb the internet for damaging information on a firm’s applicants. Here are some simple ways to take a DIY approach to scrubbing your online presence.

Google Your Name
Search for your name online occasionally to see what comes up, or set up automatic name alerts at Google.com/alerts. You may discover results for many people with your same name, possibly with embarrassing or outrageous content. To find the real “you,” try tweaking your name (e.g., Sam versus Samuel) or add some additional identifying modifiers (perhaps your city or school).

Search for your name on all the networks to which you’ve ever belonged, including Facebook and YouTube. (Recruiters check everywhere.) After a thorough review, ask yourself: Will this social media profile foster callbacks, interviews, and job offers? If not, keep reading.

Keep Some Mystery
Adjust the privacy settings on your accounts. But you’re not safe even then since companies can change privacy policies. When possible, it is better to remove negative or overly private content than hide it.

There’s No Swimsuit Competition
Recruiters will judge you by your profile photos. Remove unflattering pictures, videos, and unfavorable comments you’ve posted on social networks. Post a high-quality headshot, the same one across all platforms. Important: Don’t forget to check out photos where friends have tagged you on Facebook. If you’re pictured at a party with a drink in hand, delete the tag. Adjust privacy settings to prevent that from happening again.

Blot Out the Bitter
Have you ever gone online while under the influence or in a foul mood? Bad idea. Some examples of social media gaffes: Posting about parties, dates, getting into posting wars with your friends, or using obscenities, faulty grammar, typos, or cryptic texting shortcuts.

Get LinkedIn
This is the single best social media platform for job seekers because of its professional focus. Some savvy employers are now even requesting LinkedIn profile info as part of the job application process. One of the most powerful aspects of this profile is the recommendations from previous bosses and co-workers. Testimony from others is proof positive of your professionalism.

What Would Your Mother Say?
Many career coaches and recruiters say that the rule of thumb for social media content is: Would you want your mother or employer to see it? No? Then don’t post it. “Self-censorship is the main key,” says Alexandra Levit, author of Blind Spots: The 10 Business Myths You Can’t Afford to Believe on Your New Path to Success. “Always think before you post, because if there is a single person out there who you don’t want to see your content, I guarantee it will get back to them.”

You may be too close to the situation to judge what’s appropriate or not, so it can be helpful to have a second pair of eyes to look over your profiles. Select someone who’s about the same age as your target employers, experienced in your field, or at least in the hiring process.

Content You Should NEVER Share
These may seem really obvious, but people lose jobs (and job offers) every day because of them:
- Don’t refer to a company by name, they may get alerts when mentioned online.
- Don’t complain about your job or boss.
- Refrain from making snarky comments about co-workers or customers.
- Don’t reveal your drug/drink habits.
- Never make discriminatory or inflammatory remarks.
- Don’t share intimate relationship details.
- Don’t brag about skipping work, playing games or sleeping on the job.
- Do not broadcast an employer’s confidential information.

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