

2026 WorkSafeBC Student Safety Video Contest — Rules and guidelines

Use your voice for safety

Contest theme

Use your voice for safety is the theme for this year's video contest.

Have you ever seen something unsafe at work and kept quiet because you were afraid, or didn't feel confident enough, to speak up? If you don't know how to do something safely, or if you see something you think could potentially harm someone, use your voice. Talk to your co-workers, report it to your supervisor, make yourself heard. Your voice and your words matter. What will you say when something feels unsafe?

Eligibility

The WorkSafeBC video contest is open to B.C. youth, grades 8 to 12, either in school or represented by a youth-oriented not-for-profit organization. Contest entries must be submitted with an entry form signed by a teacher or youth organization sponsor (over the age of 18). WorkSafeBC employees or employees of other workers' compensation boards, provincial and federal ministries, and departments of labour and their immediate family members are not eligible.

Purpose of the contest

This year marks the 21st year of the Student Safety Video Contest. Productions and materials that are “for youth by youth” are effective in influencing and educating young people. This type of peer-to-peer learning encourages wider acceptance from youth on important issues and concerns that WorkSafeBC is addressing. The purpose of this year's contest is to remind young workers that they have a voice at work and should speak up when something seems unsafe.

How the videos will be used

Qualifying video entries will be added to the 2026 Student Safety Video Contest playlist on our YouTube channel, where viewers can watch and like them. Please note that views and likes have no bearing on how the videos are judged and are not a factor in determining winners. Winning videos will be published on [worksafebc.com](https://www.worksafebc.com) for use by WorkSafeBC, teachers, parents, or employers to educate, train, and orient young workers.

Deadline

All entries must be sent to WorkSafeBC no later than Thursday, April 2, 2026 at 5 p.m.

Format

We welcome all styles of original student productions including dramas, comedies, documentaries, music videos, stop-motion videos, animations, or mashups. To create a mashup, you can use any WorkSafeBC video and combine it with your original audio or original video footage. To download WorkSafeBC videos, visit worksafebc.com. Please note: Only videos featuring live-action production will be considered for the bonus prize of the **Actsafes Aspiring Filmmaker Award**.

Each submission should be a **maximum of two minutes in length**. Videos that exceed two minutes in length will be disqualified.

If you are submitting multiple entries for this contest, each entry will require a separate entry form and a separate YouTube link.

WorkSafeBC reserves the right to refuse, edit, or remove videos that contain any of the following:

- Racist, hateful, sexist, homophobic, slanderous, insulting, or life-threatening content
- Serious, unproven, unsupported, or inaccurate accusations against individuals or organizations
- Abusive, aggressive, coarse, explicit, vulgar, violent, obscene, or pornographic content
- Content that encourages or suggests illegal activity
- Announcements, solicitations, advertisements, or endorsements of any organizations or agencies
- Attempts to defame or defraud any individual, group, or agency

Judging

We are looking for innovative, creative, and original submissions. Your video message should target your peers and other young workers. In general, entries should provide a youth's perspective on workplace health and safety, and should promote the importance of open communication about these issues. Entries will be judged on the impact of their safety message, original creative concept, and technical execution. Videos will be added to the 2026 Student Safety Video Contest playlist on our YouTube channel once they are received and reviewed to make sure they meet the entry criteria, and judging will begin after the entry deadline.

Prizes

There are four main prizes, each totaling \$2,500. Each prize will be divided as follows: \$1,500 awarded to the participating secondary school or youth organization, and \$1,000 to the participating student(s).

Prizes will be awarded in two categories:

- Grades 8 to 10 category (the top two winners will each receive a prize)
- Grades 11 to 12 category (the top two winners will each receive a prize)

One B.C. entry will also be recognized by the Canadian Centre for Occupational Health and Safety (CCOHS) with an additional \$2,000. The entry will also advance to the national CCOHS [Focus on Safety Youth Video Contest](#) where it will compete for additional prizes.

Bonus prize!

In addition to the prizes above, Actsafe Safety Association, which supports health and safety for B.C.'s arts and entertainment industry, is presenting the Actsafe Aspiring Filmmaker Award. The winning filmmaker(s) of a live-action production will receive:

- Two tickets to the 2026 B.C.'s Arts and Entertainment Safety Conference and Gala
- A behind-the-scenes tour of a local motion picture and television production (limited to two participants and subject to availability)
- A crystal trophy to recognize their accomplishment

For complete details on the Actsafe award, visit actsafe.ca.

Health and safety considerations

You must address all safety issues by maintaining your own personal safety and consulting with your supervising teacher or youth organization sponsor before starting production. Do not endanger anyone during the production of your video. As some tasks portrayed in your video may involve significant risks, you must follow all safety rules. If you are shooting your video in a real workplace, seek permission first, and take all appropriate health and safety precautions.

To learn more about ensuring safety during video production, contact the safety association Actsafe at 604.733.4682 or visit actsafe.ca. If you have questions about video equipment, contest sponsor London Drugs has a large audiovisual department and may be able to answer technical questions. Visit one of their stores or go to londondrugs.com.

General conditions

All footage, including music, must be originally created material or you must obtain proper, legal permission to use someone else's copyrighted material. The only exception is the use of WorkSafeBC videos; you do not need permission from WorkSafeBC to use them.

Entries that are incomplete, late, lost, damaged, or cannot be viewed due to a technical error are ineligible. All entries become the property of WorkSafeBC. Entrants grant WorkSafeBC the right to use their names, photographs, and video submissions for advertising, publicity, and promotional purposes. By entering this contest, entrants agree to abide by these contest rules and regulations.

How to enter

1. Upload your video to YouTube.

- When you upload, ensure you select "No, it's not made for kids" in the Audience section.
- You must also answer "Yes" or "No" in the Altered content section. Learn more at [Disclosing use of altered or synthetic content](#).
- If you've never uploaded a video to YouTube before, you'll need to make an account first. For help, visit [How to upload a video to YouTube](#).

2. Complete the PDF entry form.

- Make sure all fields are filled in before sending it in.

3. Submit your entry.

- Ask your teacher or youth organization sponsor to email your completed entry form to us at yworker@worksafebc.com by Thursday, April 2, 2026 at 5 p.m.
- We will only accept official contest entry forms sent by a teacher or sponsor through email.

Tips and hints

- Try to come up with a catchy title to help reinforce your video; think of a great way to sum it up. For example: “Stay safe and stay in the game.”
- A script is essential and you may go through several revisions before you start filming. The script will help you identify the narrative. What is your story? What are you trying to depict in each scene? Think about each scene, the positions of characters and props, angles, lighting, and staging. Is the health and safety message clear?
- Include plenty of time to review your video, and to show your friends, teachers, and family. Ask them what they think the message of the video is, whether they find it engaging and interesting, and if it makes them sit up and take notice. What is their immediate reaction after seeing it? And most importantly would it make them think about why health and safety at work is important? Explore each scene and make sure you feel confident it contributes to the video’s purpose. Pay attention to the sound quality.
- You can also post your video on Instagram to share with your friends and family. Don't forget to follow [@WorkSafeBC](https://www.instagram.com/WorkSafeBC) and use the hashtag #SVCWorkSafeBC.
- Most importantly, have fun while creating your video!

Winners list

The complete list of winners, along with video clips of winning submissions, will be posted on [worksafebc.com](https://www.worksafebc.com) in May 2026.

Questions?

Email yworker@worksafebc.com

Contest sponsors

