

2026 WorkSafe Saskatchewan Youth Video Contest

Focus on safety

Rules and regulations

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Overview

1. WorkSafe Saskatchewan (“**WorkSafe**”) and the Saskatchewan Workers’ Compensation Board (“**WCB**”) invites high school students to create a two-minute video about workplace health and safety for a chance to win prizes by way of the 2026 WorkSafe Saskatchewan Youth Video Contest (the “**contest**”). The theme of this year’s contest is “focus on safety.” Any credits that may appear at the end of the video submission must be within the two-minute time limit.
2. The contest is open to all high school students in Saskatchewan in Grades 9 to 12.
3. The contest closes at 4 p.m. central standard time on Friday, March 27, 2026 (the “**submission deadline**”). Any video submissions the WCB or WorkSafe Saskatchewan receives by after the submission deadline will not be considered for the purpose of the contest.
4. WorkSafe and the WCB encourages contestants to use social media to promote the contest by using the hashtags #Focusonsafety and #WorkSafeSask on any related post, including a post showcasing a contestant’s video submission.
5. Contestants may wish to view examples of video submissions of previous winning contestants and/or teams by visiting: worksafesask.ca/2025-worksafe-saskatchewan-youth-video-contest/ and cchohs.ca/youngworkers/video_contest.html.

Entry information

6. Contestants may enter the contest as an individual or as a team, however contestants that enter as a team may only enter one video submission per team. WorkSafe and the WCB will not accept multiple video submissions from one individual or team.
7. Each member of any given team is considered a contestant for the purposes of these rules and regulations and the contest.

8. If the contestants comprising one team are students from different high schools, the contestants of that team must collectively decide which high school will sponsor the team for the purpose of prize winning.
9. If the contestants comprising one team are home-schooled, the sponsoring high school will be the high school in the area of residence of the contestants comprising that team. If there are contestants comprising one team are of varying residences, the contestants of that team must collectively decide which high school situated in one of the contestant's area of residence will sponsor the team for the purpose of prize winning.
10. To enter the contest, each contestant, or, if the contestant is under the age of 18 years old, the contestant's parent or legal guardian on behalf of that contestant, must:
 - a. Read these rules and regulations,
 - b. Read, complete, sign and attach the official entry form attached to these rules and regulations as appendix A, and
 - c. Complete and attach the "Are we ready to submit our video" checklist attached to these rules and regulations as appendix C (the "**checklist**").
11. To enter the contest, each contestant, or, if the contestant is under the age of 18 years old, the contestant's parent or legal guardian, and each individual involved in the production of the video for the purpose of the contest whose image will be identifiable in the video, or the parent or legal guardian of said individual if the individual is under the age of 18 years old, must:
 - a. Complete and attach the visual/audio release form attached to these rules and regulations as appendix B (the "**release**").

Submission information

12. Each submission for the contest must include the following documents in PDF format (the "**submission package**"):
 - a. The official entry form for each individual contestant and each contestant comprising a team, as applicable, which must include:
 - i. A hyperlink allowing access to the video submission uploaded to YouTube, Dropbox or Google Drive, and
 - ii. The title of the video submission, related to the contest.
 - b. A release for each individual contestant and each contestant comprising a team, as applicable, and

- c. One completed checklist per each team, and individual contestant, as applicable.
13. All hyperlinks provided in the official entry form must remain valid for the duration of the contest and lead directly to the video submission uploaded to YouTube, Dropbox or Google Drive. WorkSafe Saskatchewan and the WCB will reject all physical video submissions, whether it be by DVD, USB stick, or other, for the purpose of the contest.
14. Each video submission uploaded to YouTube, Dropbox or Google Drive must be downloadable and contain the same title listed on the official entry form.
15. Each submission package must be submitted via email to WorkSafe Saskatchewan and the WCB at: bantoshkiw@wcbsask.com with the subject of the email being: **Youth Video Contest**.
16. Any and all submission packages that do not meet the requirements set out in this section – submission information, of these rules and regulations will be rejected by WorkSafe Saskatchewan and the WCB for the purpose of the contest.

Prize information

17. Each eligible video submission included in a completed submission package submitted by an individual contestant or team will be considered by a panel of judges using the judging criteria attached to these rules and regulations as appendix D (the “**judging criteria**”) for a chance to win the following cash prizes:

Individual contestant/team	First place	Second place	Third place
	\$1,000	\$750	\$500

The sponsoring high school of the winning contestant(s) and/or team(s) will be awarded the following cash prize, corresponding with the placement of the contestant and/or team:

Sponsoring high school	First place	Second place	Third place
	\$1,500	\$1,000	\$750

18. Each contestant and team that submits an eligible video submission included in a complete submission package for the purpose of the contest will be automatically

entered into a random draw to win a pizza party and swag for the students of the sponsoring high school of the randomly selected contestant or team.

19. The chance of winning a prize by way of the contest is dependent on the total number of eligible video submissions.
20. WorkSafe Saskatchewan and the WCB may issue pro-rated cheques to each contestant comprising a winning team, as applicable.

Selection of awards

21. WorkSafe Saskatchewan and the WCB will select a panel of judges (the “**panel**”) to judge the contest using the judging criteria. The decisions of the panel with respect to the contest are final and not open to dispute.
22. Once the panel selects the winners of the contest, WorkSafe Saskatchewan and the WCB will notify the teacher at the sponsoring high school of each winning contestant and/or team, as applicable. That teacher will notify the winning contestant and/or team thereafter.
23. The names, schools and cities of the winning contestant(s) and/ or contestants comprising a winning team(s), as well as the high school randomly selected to win the pizza party and swag will be announced by WorkSafe Saskatchewan and the WCB on the WorkSafe Saskatchewan website by April 3, 2026.
24. A winning contestant may forfeit a corresponding prize by declining it. Similarly, a winning team may forfeit a corresponding prize where one or more of the contestants comprising the team decline the same.
25. In circumstances where a winning contestant or team forfeits a corresponding prize, WorkSafe Saskatchewan and the WCB will award that prize to the contestant or team with the next highest score, as per the judging criteria.
26. WorkSafe Saskatchewan and the WCB reserve the right to not award any prizes with respect to the contest considering ineligible video submissions and/or incomplete submission packages.

Advancing to the national contest

27. The first-place winner of the contest will automatically advance to the national contest held by the Canadian Centre for Occupational Health and Safety (“**CCOHS**”) where a panel of judges selected by CCOHS (the “**national panel**”) will review the winning video submissions and decide the top three best video submissions in Canada (the “**national contest**”).
28. The decisions of the national panel of the national contest are final and not open to dispute.
29. WorkSafe and the WCB will provide the CCOHS with the submission package, including the video submission of the first-place winner of the contest for the purpose of the national contest.
30. Prizes for the national contest will be awarded to the winning contestant(s) and/or team(s) as follows:

Individual contestant/team	First place	Second place	Third place
	\$2,000	\$1,500	\$1,000

The sponsoring high school of the winning contestants and/or teams of the national contest will be awarded the following cash prize, corresponding with the placement of the contestant and/or team:

Sponsoring high school	First place	Second place	Third place
	\$2,000	\$1,500	\$1,000

31. The CCOHS will notify the winners of the national contest.
32. The video submissions of the winning contestant(s) and/or team(s) will be posted to the CCOHS website at ccohs.ca/youngworkers/video_contest.html
33. Contestants are encouraged to read a complete copy of the rules pertaining to the national contest, which can be found on the CCOHS website at ccohs.ca/youngworkers/video_contest.html.

Health and safety considerations

34. The personal safety of all contestants and any individuals involved in the production of the video for the purpose of the contest (the “**participants**”) is of the utmost important. All contestants and participants must maintain safety at all times. Contestants must not endanger anyone, including contestants, participants or otherwise, during the production of the video. All applicable health and safety precautions must be taken by contestants and participants during the production of the video, including any applicable health and safety precautions required pursuant to applicable health and safety policies and/or regulations. If the video is being produced on any sort of worksite, contestants must consult with the site supervisor prior to the production of the video to obtain all applicable health and safety policies and/or regulations that must be adhered to while on the worksite. For more safety information, visit worksafesask.ca.
35. Each video submission should be free of certain personal information including, without limitation, phone numbers, social insurance numbers, health card numbers, banking information, home addresses, resumes and personal email addresses.
36. All video submissions must be respectful and courteous. Contestants are responsible for the content of their own or their team’s video submission. WorkSafe Saskatchewan nor the WCB will tolerate video submissions that are rude in tone, abusive, or offensive to individuals or organizations. WorkSafe Saskatchewan and the WCB reserves the right, at its own discretion, to refuse, edit, or remove from any video submission content, including audio and/ or visual, that is:
- a. Contrary to the principles of the Canadian Charter of Rights and Freedoms,
 - b. Racist, hateful, sexist, homophobic, transphobic, biphobic, slanderous, insulting, life-threatening, abusive, aggressive coarse, explicit, vulgar, violent, obscene or pornographic,
 - c. Inclusive of serious, unproven, unsupported or inaccurate accusations against individuals or organizations,
 - d. Encouraging or suggestive of illegal activity,
 - e. Inclusive of announcements, solicitations, advertisements or endorsements of any financial, political, labour commercial or non-governmental organizations and agencies,
 - f. An attempt to defame or defraud any individual, group or agency,

- g. From or promoting labour and/or political organizations,
- h. In any other language other than English, or
- i. Unintelligible or irrelevant.

Legal information and disclaimers

Intellectual property

37. Each video submission must be an original creation of the contestant or team, as applicable. For a video submission to be considered for the purpose of the contest, each individual contestant and team member must represent, warrant and covenant that their video submission is an original creation of that individual contestant or team, as applicable.
38. To participate in the contest, each individual contestant and each contestant comprising one team, as applicable, must grant WorkSafe Saskatchewan, the WCB, and the CCOHS a worldwide, irrevocable, perpetual, non-exclusive, unrestricted, fully assignable, fully transferable, sublicensable, royalty-free, fee-free, and fully paid right and license to make, develop, reproduce, exploit, access, operate, modify, improve, make derivative works from and use of the video submission, including without limitation, any intellectual property rights which are created or otherwise arise in connection with the video submission or acquired by a contestant from a third party or that are owned or held by a contestant or third party prior to the creation of the video submission, in addition to all intellectual property rights incorporated, included or embodied in the video submission, as applicable.
39. To participate in the contest, each individual contestant and each contestant comprising one team, as applicable, must represent, warrant and covenant that their or their team's video submission does not infringe, or constitute any infringement or misappropriation of any intellectual property rights of any third party.
40. To participate in the contest, each contestant and team must include all permissions, licenses, clearances, releases, waivers of moral rights and/or approvals, as applicable, as part of the submission package.

Limitation of liability

41. To participate in the contest, each individual contestant, and each contestant comprising one team, must agree to abide by these rules and regulations and

acknowledge that WorkSafe Saskatchewan nor the WCB are, under any circumstances, are liable to any individual contestant, and/or participant for any claims for (i) indirect, special or consequential damages, or (ii) exemplary, aggravated or punitive damages howsoever incurred, in each case under any theory of law or equity, arising out of or in any way related to the contest, even if advised of the possibility thereof.

Indemnification

42. To participate in the contest, each individual contestant and each contestant comprising one team must agree to defend, indemnify, and save harmless WorkSafe Saskatchewan, its affiliates and each of their respective officers, directors, subcontractors and agents, and the WCB, its affiliates and each of their respective officers, directors, subcontractors and agents from and against any and all losses, including all damages, claims, fines, penalties, deficiencies, losses, liability (including settlements and judgements), costs and expenses (including reasonable fees and expenses of lawyers, accountants and other experts or other reasonable fees and expenses of litigation or other proceedings or of any claim, default or assessment), sustained or incurred by WorkSafe Saskatchewan, its affiliates or their respective officers, directors, employees and agents and/or the WCB, its affiliates or their respective officers, directors, employees and agents which arises or results from (i) any personal injury, death, property loss or damage caused by the individual contestant or team member, as applicable; (ii) any negligent, intentional, fraudulent, unlawful or willful act or omission of the individual contestant or team member, as applicable; (iii) any breach, infringement, misappropriation or misuse of any third party's intellectual property rights or other rights by the individual contestant or team member in connection with the contest; or (iv) a breach of applicable laws by the individual contestant or team member in connection with the contest.

Personal information – use and disclosure

43. To participate in the contest, each individual contestant and each contestant comprising one team must consent to the disclosure and use of their personal information, as defined in *The Freedom of Information and Protection of Privacy Act*, including without limitation, their name, identifiable image, school, and/or grade, without compensation, by WorkSafe Saskatchewan and the WCB, for the purposes for which the information was obtained or compiled, or for a use that is consistent with those purposes, including, without limitation, to promote, market, publicize, and provide information pertaining to the contest, and to promote workplace health and safety in Saskatchewan.

44. For the purpose of the promoting, marketing, publicizing and providing information pertaining to the contest, and for the purpose of promoting workplace health and safety in Saskatchewan, WorkSafe Saskatchewan and the WCB will collect the personal information of contestants, as defined in *The Freedom of Information and Protection of Privacy Act*, including, without limitation, identifiable images, without compensation.

Other

45. WorkSafe Saskatchewan nor the WCB is not responsible for video submissions that are delayed, lost, misdirected, incomplete, unreadable, tampered with, damaged or destroyed. WorkSafe Saskatchewan and the WCB reserve the right to reject any video submission that is delayed, lost, misdirected, incomplete, unreadable, tampered with, damaged or destroyed.
46. These rules and regulations may change without notice or reason by WorkSafe Saskatchewan or the WCB.

Appendix A – official entry form

Each student who wishes to enter the contest must complete this official entry form whether you wish to enter the contest as a team. If you are under the age of 18, a legal guardian must complete this official entry form on your behalf and sign the same at the bottom.

Teacher		High school	
School address			
City	Postal code	School phone number	
Student's name (please print in block letters)		Team name (if seeking to enter the contest with a team)	
Student's current grade level		Please list the first and last name of each team member. (Recall that each team member must complete and submit a signed copy of this form.)	
Class		Title of video submission	
Hyperlink to video submission:			
<p>Consent and release: I hereby agree that I have read, understand and agree to abide by these rules and regulations which govern the contest and to which this official entry form is attached, in addition to this consent and release. I hereby certify that all information entered on this official entry form is true and accurate.</p> <p>I hereby agree and acknowledge that WorkSafe Saskatchewan nor the WCB are, under any circumstances, liable to any contestant and/or participant for any claims for (i) indirect, special or consequential damages, or (ii) exemplary, aggravated or punitive damages howsoever incurred, in each case under any theory of law or equity, arising out of or in any way related to the contest, even if advised of the possibility thereof,</p> <p>I hereby agree to defend, indemnify, and save harmless WorkSafe Saskatchewan, its affiliates and each of their respective officers, directors, subcontractors and agents, and the WCB, its affiliates and each of their respective officers, directors, subcontractors and agents from and against any and all losses, including all damages, claims, fines, penalties, deficiencies, losses, liability (including settlements and judgements), costs and expenses (including reasonable fees and expenses of lawyers, accountants and other experts or other reasonable fees and expenses of litigation or other</p>			

proceedings or of any claim, default or assessment), sustained or incurred by WorkSafe Saskatchewan, its affiliates or their respective officers, directors, employees and agents and/or WCB, its affiliates or their respective officers, directors, employees and agents which arises or results from (i) any personal injury, death, property loss or damage caused by the individual contestant or team member, as applicable; (ii) any negligent, intentional, fraudulent, unlawful or willful act or omission of the individual contestant or team member, as applicable; (iii) any breach, infringement, misappropriation or misuse of any third party's intellectual property rights or other rights by the individual contestant or team member in connection with the contest; or (iv) a breach of applicable laws by the individual contestant or team member in connection with the contest.

I hereby grant WorkSafe Saskatchewan, the WCB, and the CCOHS a worldwide, irrevocable, perpetual, non-exclusive, unrestricted, fully assignable, fully transferable, sublicensable, royalty-free, fee-free and fully paid right and license to make, develop, reproduce, exploit, access, operate, modify, improve, make derivative works from and use of my or my team's video submission, including without limitation, any intellectual property rights which are created or otherwise arise in connection with the video submission or acquired by a contestant from a third party or that are owned or held by a contestant or third party prior to the creation of the video submission, in addition to all intellectual property rights incorporated, included or embodied in the video submission, as applicable.

I hereby represent, warrant, and covenant that my, or my team's video submission does not infringe, or constitute any infringement or misappropriation of any intellectual property rights of any third party.

I hereby consent to WorkSafe Saskatchewan and the WCB (1) disclosing and using my personal information as defined in *The Freedom of Information and Protection of Privacy Act*, including, without limitation, my name, identifiable image, school and grade, without compensation, for the purposes for which the information was obtained or compiled, or for a use that is consistent with those purposes, including, without limitation, to promote, market, publicize and provide information pertaining to the contest, and to promote workplace health and safety in Saskatchewan.

I further understand that, for the purpose of promoting, marketing, publicizing and providing information pertaining to the contest, and for the purpose of promoting workplace health and safety in Saskatchewan, WorkSafe Saskatchewan and the WCB will collect my personal information, as defined in *The Freedom of Information and Protection of Privacy Act*, including, without limitation, my identifiable image, without compensation.

Student signature (Please complete form and sign)

X

Age

Date

Consent of parent or legal guardian if student signing above is under 18 years of age

Name (please print)

Signature

Date

Appendix B – visual/audio image release form

I _____, as of the date noted below, hereby consent to:

- WorkSafe Saskatchewan and the WCB, its employees and agents collecting and using visual/audio images of me, and
- WorkSafe Saskatchewan and the WCB using the visual/audio images on its website postings and in promotional materials, which may be in print, online or both.

I understand that:

- Consenting to the above is completely voluntary and is not required.
- Photographs used may include minor edits and touch-ups to the original photographs taken.
- I will not have the opportunity to review the photographs of me prior to them being used in promotional materials and/or on website postings.
- Photographs taken and used will be disclosed to the general public by way of online website postings and in other promotional materials that WorkSafe Saskatchewan and the WCB may create in the future.
- I may revoke my consent in writing, at any time and require WorkSafe Saskatchewan and the WCB to:
 - Delete all copies of photographs containing my image in its possession or under its control,
 - Remove all photographs containing my image from its websites, and
 - Stop using all photographs containing my image in future promotional materials.
- Unless I revoke my consent, this consent will remain valid for a period of five years.

By signing below, I release WorkSafe Saskatchewan and the WCB, its employees and agents, including any firm authorized to publish and/or distribute a finished product containing the images, from any claims, damages or liability which I may ever have in connection with the taking of and/or use of the images or disclosure of the images. By consenting to the release of the above information, I hereby waive any right to privacy I may have.

Printed name of subject:
Signature of subject:
Parent or legal guardian if under 18 years of age:
Telephone or email address:
Date:

Appendix C – are we ready to submit our video? checklist

The team/contestants:

- ☐ Are you in Grades 9, 10, 11 or 12?

The video:

- ☐ Does your or your team's video submission reflect this year's theme, "focus on safety"?
- ☐ Is your or your team's video submission within the two-minute timeframe, including any credits, as applicable?
- ☐ Is your or your team's video submission your own, or your team's own original creation which does not infringe or constitute any infringement or misappropriation of any third-party intellectual property rights?
- ☐ Is the hyperlink link functional, leading directly to your or your team's video submission?
- ☐ Is your or your team's video submission downloadable? Have you made a copy of the video submission for yourself and/ or for your team?

The forms:

- ☐ Is the official entry form complete and signed as required by you and each member of your team, as applicable? (Recall that contestants under the age of 18 require the signature of a parent or legal guardian.)
- ☐ Has each contestant and participant (or a parent or legal guardian on behalf of a contestant or participant if the contestant or participant is under the age of 18), as applicable, completed and signed the audio/visual release form?
- ☐ If applicable, are all permissions, licenses, clearances, releases, waivers of moral rights and approvals attached with your submission package?

Questions? Contact:

WorkSafe Saskatchewan and the WCB at:

Beth Antoshkiw, Prevention – Youth Video Contest

800-122-1st Ave. S.

Saskatoon, SK S7K 7E5

306.933.7277

bantoshkiw@wcbsask.com (Subject: Youth Video Contest)

Appendix D – judging criteria

Requirements		Criteria			
<p>To be judged in the contest, the video must:</p> <ol style="list-style-type: none"> 1. Include a completed entry form. Contestants must meet eligibility requirements. 2. Be received by the contest deadline. 3. Be no longer than two minutes. 4. Have a young worker health and safety or employment standards theme – Focus on safety. 5. Include all permissions, including copyrighted material used in the video. 6. Ensure that there aren't any safety violations and that no one's personal safety was put at risk. If the video even inadvertently depicts a health and safety violation, we will eliminate the video at this point. 		<p>Team/project name:</p> <p>School:</p> <p>Does the entry meet all the contest rules and eligibility requirements?</p> <p>(No = eliminated. Do not proceed to grade/judge.)</p> <p>Yes: _____ No: _____</p>			
<p>Score video for each category on a scale from 1 to 4. See below for a description.</p>					
		1	2	3	4
Creativity	20%	Low	Re-uses techniques, messages and methods used in previous videos or campaigns in new ways.	Uses novel techniques, message and methods.	Excels by using unique techniques, messages and methods.
Persuasiveness and impact	20%	Weak	Clear messages that get the attention of the audience.	Memorable messages and images.	High impact, youth appropriate, motivational.
Overall presentation of	30%	Coverage of topic is sketchy.	Topic presented with basic points covered.	Topic presented with good insights.	Topic explored thoroughly with interesting supporting

workplace message					information or unique point of view.
Technical quality (technical considerations)	30%	Mostly 1s	Mostly 2s	Mostly 3s	Mostly 4s
How well was a script or story developed?		No evidence of a script or storyboard. Disconnected series of scenes with no unifying story. No style or mood.	Able to detect a script/story was outlined before camera work. The video tells a connected story, but the style and mood do not suit the content.	Able to depict a script/story was outlined before camera work. The video tells a story in a mood or style that suits the content.	A script/story is easy to depict and suits the mood/style of the content.
Was the use of actors or presenters appropriate?		The video features a person(s) not doing much, who did not add to the value of the video.	Actors were essential for the understanding of the video.	Actors were active and assisted in explaining the video.	The use of actors was used to fully understand the message of the video.
Did the use of location(s) match the overall script/storyline?		Location did not match the storyline.	Location somewhat assisted the storyline but could have been better.	Location use was good, but more work required to assist the story line.	Location was appropriate and assisted in achieving the storyline.
Rate the use of props and/or special production touches.		None were used or the ones used did not work with the storyline.	Props and special production touches were used but not well or effective to assist the storyline.	Some props were used, but could have been utilized better to support the storyline.	All props and special production touches used were appropriate and effective.

Was the camera work and lighting effective?		<p>Shaky camera shoots, excessive panning and zooming distract the viewer.</p> <p>Poor lighting – lighting is too bright or dark.</p>	<p>No shaky footage, pans and zooms are limited.</p> <p>Main subject is located slightly off- centre.</p> <p>Good lighting choices.</p> <p>Additional lighting is used.</p> <p>Few shadows or glares are present.</p>	<p>Good shots, video is steady with few pans and zooms.</p> <p>Close ups are used to focus attention.</p> <p>Video shows evidence of good composition (for example., ratio of image, line of gaze, pan/tilts and movements).</p> <p>Additional lighting is used.</p> <p>Almost no shadows or glares are present.</p>	<p>Shows excellent understanding of the camera work elements and lighting usage.</p> <p>Excellent shots, video is steady with few pans and zooms. Close-ups are used to focus attention.</p> <p>Video shows evidence of excellent composition (e.g., ratio of image, line of gaze, pan/tilts, movements).</p> <p>Additional lighting is used.</p> <p>No shadows or glares are present.</p>
Was the editing seamless?		<p>Careless editing.</p> <p>Entire video seems like a collection of unrelated cuts.</p>	<p>Editing has no jumps or glitches.</p> <p>Most shots can only be understood by someone who is familiar with the surroundings or most shots do not fit the sequence.</p>	<p>Accurate editing techniques.</p> <p>Some shots can only be understood by someone who is familiar with the surroundings or some shots do not add to sequence.</p>	<p>Excellent understanding of editing techniques.</p> <p>Shots flow seamlessly together.</p>
Was the sound/music appropriate?		Careless use of music.	Audio is clear and appropriate.	Accurate sound techniques with appropriate	Excellent understanding of sound

				choice of sound/music.	recording and music/sound choices.
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