



Focus on Health and Safety 2026 Youth Video Contest Tips for Success

Check out the Contest Rules

It will take a few minutes, but reading the rules is important. The Contest Rules contain information about what to include, what to avoid, and how to submit your video.

You might love certain music, but you don't own it

Great music can make or break a video. But unless it's music you wrote yourself, you don't have permission to use it. Here's a website to help you find music you CAN use:

<https://buffer.com/library/background-music-video/>

No students were harmed in the making of this video. . .

Keep yourself safe. The ideas you have for your video are great as long as you don't put anyone in danger. No contest is worth anyone getting hurt!

Two minutes, and not a second more

Make sure to time your video. If it's over two minutes, it will be disqualified.

Signatures, please

All entry forms must be signed off by your supervising teacher, and – if you're under 18 – by your parent/guardian.

If you need help, just ask

Contact Erin at ecarver@wcb.pe.ca for info on workplace health and safety. And remember to ask a supervising teacher to preview your video and complete the teacher section of the entry form.