

CONTEST RULES

Visit youngemployeesafety.org/contest/ for full contest information.

General rules

- **The 2026 Media Contest will focus specifically on Heat Illness Prevention.**
- Create either a video or graphic design piece that will catch the attention of high school teens and convince them to take the [Oregon OSHA Heat Illness Prevention Online Course](#) to learn how to stay safe and healthy on the job when working in hot weather conditions.
- Include a key message, theme, or tagline in your submission as a “call to action.” For this contest, you get to choose that key message, theme, or tagline... but choose wisely! Pick positive messages and language that would encourage other teens to take this online training. Draw the audience in with your creativity and get them to act. See the **“What we want”** page at [youngemployeesafety.org/contest/](#) to learn more about what the contest committee wants to see in this year’s submissions.
- All submissions must be applicable to **workplace** safety and health, with a focus on heat illness prevention.
- Any submission with subject matter that, in the sole judgement of O[yes], is highly controversial or may detract from the safety and health mission of O[yes] and its member organizations (such as items, symbols, or themes that may represent racism, prejudice, profanity, or are of a lewd nature) will be disqualified.
- You must ensure the personal health and safety of your team while creating your video or graphic design. **Do not endanger anyone in the making of your media submission. Video submissions that depict unsafe behavior will be disqualified.**
- You may include teachers, friends, or family members in your media, but only high school students who live in Oregon are eligible for a contest award.
- If your media identifies a specific business, you must obtain and submit their written permission along with your entry form.
- All material submitted must either be your own creation, or you must obtain proper, legal permission to use someone else’s copyrighted material and include it with your submission.
- Entrants grant O[yes] the right to use their names, photographs, and media submissions for advertising, publicity, and promotion purposes, and to spread the word on young worker and heat illness prevention safety.
- Participants can submit entries into both the video and graphic design categories but are only eligible to receive one contest award. Participants are limited to one entry per category.
- All submissions must be free of spelling and grammatical errors. Any submission with spelling and/or grammatical errors will be disqualified. Be sure to proofread before submitting.

Video rules

- Video submissions, including the title and/or credits, must be between 30-90 seconds long.
- Video submissions must include a key message, theme, or tagline of your choosing (in text, graphics, or verbally) that encourages teens to take the [Oregon OSHA Heat Illness Prevention Online Course](#).
- All submissions must include an approved version of the O[yes] logo and a URL link to the online Oregon OSHA Heat Illness Prevention Course. *(Both are provided for you in the “Resources” tab).*
- At some point in your video, you must include the title of your production. It is optional to include the names of your video participants and the name of your high school or club.
- Video submissions must be high-quality versions in a file format of mp4, avi, wmv, mov, flv, mpg or a YouTube-posted video link. Video links are preferred to sending files.
- File size must not exceed 400 mb.

Graphic design rules

- Graphic design submissions must include (in text or graphics) a key message, theme, or tagline of your choosing that encourages teens to take the [Oregon OSHA Heat Illness Prevention Online Course](#).
- All submissions must include an approved version of the O[yes] logo and a QR Code to the Oregon OSHA Heat Illness Prevention Online Course. *(Both are provided for you in the “Resources” tab).*
- Each graphic design piece must include a **unique title**, the names of your team members, and the name of your high school or club.

- Graphic design submissions must be high-quality, electronic versions in a file format of PDF, jpg, png, tif, or gif. Images should be at least 5 inches wide and/or 5 inches high at 300 dpi.
- File size must not exceed 75 mb.
- Designs are meant to be original submissions by students. No submissions that use templates or are generated by artificial intelligence (AI) will be accepted.
- All graphic design submissions must include the name of the program used to create the design (if applicable). Source files should also be uploaded at the time of submission, if available.

Submission rules

- Entrants are **required to submit entries electronically on our website** through an online submission form.
- The file name of the submission must include the title of the production, the name of the primary contact person, and your high school's name. Homeschooled students should state "homeschooled."
 - For example: JaneDoe_SafetyStars_SafetyHighSchool.mp4 or JaneDoe_SafetyStars_homeschooled.pf
- Each submission must include an **entry form** and a **permission form** for participants under the age of 18, who appear in the video or graphic design.
- All participants involved in the creation of your submission, including anyone whose image or voice is featured in your submission, must be listed on the entry form.
- On the entry form, complete the information about your high school and teacher. If you are submitting your media on behalf of a sanctioned class, club, or organization, also include the name of that club and teacher/advisor. Completing this information is crucial so that we can give the matching award to your school or club if you win first place in either the video or graphic design categories.
 - Note: Clubs and organizations are only eligible to receive the award if they are recognized through your school as an officially sanctioned club or organization. In this instance, an officially sanctioned high school club or organization are those recognized by your school with the ability to receive direct funding. If you state that you are representing a club or organization, the award funds will be given to these organizations if they are eligible. If they are not eligible to receive these funds, the money will instead be directed to the qualifying high school. We will not be able to provide a matching award if you are not enrolled in school or are homeschooled.
- **Everyone under 18 years of age** who is seen or heard on screen or who is pictured in a graphic design **must have a parent or guardian signature** on the permission form.
- Entries will not be accepted if they are late or do not follow all contest and submission rules and requirements.
- O[yes] is not responsible for entries that are delayed, lost, misdirected, incomplete, damaged, or destroyed.
- All entries become the property of O[yes].
- All entries must be submitted by **5 p.m. on Friday, January 30th, 2026.**

Electronic submission

You can submit entries electronically on our website through an online submission form. In three simple steps, your media can be in front of the contest judging panel for their review.

1. Go to <https://youngemployeesafety.org/submit/>
2. Fill out the online submission form.
3. Attach all required permission forms and your media. You must complete all required documents prior to submission.

Judging criteria

Eligible* video and graphic design submissions will be scored by a panel of judges selected by O[yes] members. Scoring will be based on the entrant's adherence to all contest rules using the following criteria:

Content (60%)

The safety and health message of your submission is:

- Original
- Creative
- Clearly communicated
- Is effective at encouraging teens to take the [Oregon OSHA Heat Illness Prevention Online Course](#)
- Appeals to the two following audiences:
 1. Teen workers: The media is creative, relevant, and engaging for teen audiences.
 2. Safety educators: The message is accurate and will appeal to educators as an effective way to connect with teens about on-the-job safety related to heat illness prevention.

Quality (40%)

Video: The acting, editing, and audio-visual elements are of high quality. Submission is free of spelling and grammatical errors.

Graphic design: The art shows artistic abilities, is attractive in terms of design and thoughtfulness of layout, shows attention to detail, is visually appealing, and is of overall high quality (i.e., no templates or AI was used). Submission is free of spelling and grammatical errors.

*Eligible submissions must follow all production and submission rules.

The decisions by the judges on all matters relating to the contest are final and not open to dispute. If O[yes] does not receive enough entries of sufficient quantity or quality, O[yes] reserves the right not to award any prizes.

Notification of winners

All winners will be notified no later than May 15th, 2026.

A complete list of winners, along with winning submissions, will be posted on the O[yes] website www.youngemployeesafety.org.

Information about the contest winners will also be distributed to public media.

Prizes

One first place prize: \$500

One second place prize: \$400

One third place prize: \$300

A first, second, and third place prize will be awarded in each of the video and graphic design categories. A check for \$500, \$400, or \$300 will be provided to the primary contact for the winning teams. In each category, the first-place winner's school or sanctioned club or organization will receive a matching award. Second and third place winners will not receive a matching school or organization award.

For technical information about media production, contact:

Phillip Wade, Oregon OSHA

503.947.7142

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For general information about the contest, contact:

info@oregonyoungemployeesafety.org

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