



2025 WHSC Annual Student Scholarship Contest

in support of safer, healthier work



2025 RULES

Awards	<ul style="list-style-type: none"> ▶ The top applicant (regardless of medium) will be awarded the Clifford Pilkey, WHSC Founder Memorial Scholarship and receive \$6,000. ▶ The second-place applicant (regardless of medium) will be awarded the Fred Upshaw, Champion for Social Justice Memorial Scholarship and receive \$4,000. ▶ Up to two additional successful applicants in each medium category will receive \$2,000 each.
Eligibility*	<p>Any full-time high school student residing in Ontario and beginning, in fall 2025, their first year in full-time or part-time studies leading to a diploma, certificate or degree from any publicly funded Ontario college or university. (Applications from students having graduated prior to summer 2024 will not be accepted.)</p> <p>Immediate family members of a WHSC employee are not eligible. Immediate family member includes child, stepchild, niece, nephew, grandchild and sibling.</p>
Application	<p>Applicants may enter the contest only as an individual (no team entries). Each applicant must submit:</p> <ul style="list-style-type: none"> ▶ a completed application form* ▶ a description of your volunteer activities showing how you are helping to improve the lived experiences of your fellow students and/or community members ▶ a letter of recommendation from a teacher, school administrator or representative of a recognized community organization ▶ a signed consent and release form ▶ an essay, poster, or video addressing the topic and meeting the criteria outlined below. <p>Only one submission per applicant will be accepted. More specifically, you must choose to submit an essay, poster, OR video.</p> <p>Submission must not violate privacy, intellectual property, or copyright laws.</p>
Topic	<p>SPEAK UP! Act on your rights to safe and healthy work.</p> <p>The myth of young worker carelessness is a false narrative. Research evidence and the experiences of workers tell us being new to work or new to a task, and not age, raises the likelihood of suffering an injury compared to others with more experience. The reasons newness places workers in harm's way are many, ranging from inexperience with work processes and equipment to lack of awareness about workplace hazards, lack of competent supervision and/or fear of reporting concerns to a supervisor.</p> <p>Employers and supervisors have the most significant legal obligations to protect workers. Though workers themselves have legal rights under the <i>Occupational Health and Safety Act</i> they can act on to help pursue safer, healthier work. Examples of these rights include the right to know about workplace hazards, to refuse unsafe and unhealthy work, to access occupational health and safety training, and to not face repercussions should you act on your rights. Workers also have the right to participate in the pursuit of safer, healthier work, best exercised through worker representatives to joint health and safety committees or individual worker health and safety representatives in smaller workplaces.</p> <p>Why is it that employers and supervisors have the most significant responsibilities to protect workers? And why is it important for workers to insist on their legal rights in pursuit of safer, healthier work? Please also explain and explore the connections between these responsibilities and rights.</p> <p>Submissions must be the original work of the applicant.</p>

Video Criteria	<p>No more than three minutes in length.</p> <p>Upload the video to WeTransfer (https://wetransfer.com) — email to swarden@whsc.on.ca. Include a note of this in your email submission with the remaining required documents. Ensure the file is the exact name listed on the application form. If the video is not accessible and downloadable the submission will not be accepted. Do not place your name in the video credits. (Should your submission receive an award and we choose to share the video on social media, you can add your name subsequently.)</p>
Poster Criteria	<p>The minimum poster size must be 8.5" by 11".</p> <p>Must demonstrate a visual art skill, combining either illustration, painting or computer-generated art with graphic design.</p> <p>Applicants should keep in mind artwork may be reproduced and full-colour artwork is preferred. Do not sign your artwork. (Should your submission receive an award, and we choose to display it, you can add your name subsequently.)</p>
Essay Rules	<p>Essays must be a minimum of 600 words and a maximum of 1,000 words. All pages must be numbered. Place correct word count at the end of the document. The document must be word processed in a 12-point font and double-spaced. Do not place your name on any page of the essay. (Should we publish the essay in whole or in part we will include your name then.) Essays must include a bibliography.</p>
Judging Criteria	<p>WHSC will select a panel of judges to judge the contest using the following criteria. The decisions of the panel with respect to the winning applicants are final and not open to dispute.</p> <p>All entries that meet eligibility requirements will be judged on the following criteria:</p> <ul style="list-style-type: none"> ▶ Understanding the WHSC vision ▶ Creativity/Originality of ideas ▶ Accuracy of information ▶ Development of point of view ▶ Organization and execution ▶ Impact and persuasiveness. <p>Overall Criteria for all applicants</p> <p>Final scores will be based on the weighted average of their video, poster, or essay submission (75 per cent) and their efforts helping to improve the lived experiences of fellow students and/or community members (25 per cent).</p>
Submission Requirements	<p>Forward the following documents/information in one email to Sandy Warden – swarden@whsc.on.ca</p> <ol style="list-style-type: none"> 1. Application* form in PDF format. 2. Description of your volunteer activities showing how you are helping to improve the lived experiences of your fellow students and/or community members in PDF or Word format (max. 400 words) 3. Letter of recommendation in PDF or Word format. 4. Depending on your submission: <ul style="list-style-type: none"> ▶ video submission uploaded to WeTransfer (https://wetransfer.com) — email to swarden@whsc.on.ca. ▶ attach your essay to the email, or ▶ if you are submitting a poster, you can attach it to the email or mail a hard copy of your poster and tell us in the email that you have posted it. <p>Please mail to: Workers Health & Safety Centre, Attn: Sandy Warden 675 Cochrane Drive, Suite 710, East Tower Markham, ON L3R 0B8</p> <p>Must be post-marked by Wednesday, July 23, 2025.</p> <p>Please add WHSC Student Scholarship Competition to the subject line of the email.</p>
Submission Deadline	Wednesday, July 23, 2025

Successful Applicants	<p>Successful applicants will be contacted in late summer 2025. Each successful applicant must submit verification of enrolment from the post-secondary institution's office of the registrar to be eligible for the financial prize.</p>
Use of Submissions	<p>WHSC has the right and permission to publicly disclose and use the name of an applicant along with their likeness, school, and/or prize information for promotional or other purposes. WHSC also has the right and permission to copy, play, share and use video, poster, or essay submission in whole or in part. Beyond the financial awards for the successful scholarship candidates, no additional compensation will be awarded for any reason.</p> <p>WHSC reserves the right to limit the number of awards should suitable submissions not exist.</p> <p>WHSC is not responsible for entries which are lost, incomplete, damaged, destroyed, or inaccessible in any way.</p>

*Application forms can be accessed at: www.whsc.on.ca/Resources/For-Young-Workers/Student-Scholarships

No portion of government grants from employer WSIB assessments or WHSC revenue generation support this important awareness initiative. All student scholarships are financed solely through funds raised at The Clifford Pilkey Memorial Golf Fundraiser. WHSC facilitates this fundraising event.