

Video Accessibility Info

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Tips for Improving Video Experiences

1) Transcripts are automated.

- Default video transcripts in the Grit Test are automatically generated. To review and edit your transcripts please either click the following link or copy/paste the url into your browser:
<https://www.focusing.com/live/sci-ui/responses>
- Be aware your fellow users may not have reviewed their transcripts. Due to a variety of factors, transcripts are not always accurate.

For more information on reviewing and editing transcripts, see our Help Center article, [How to Edit Transcripts](#).

2) Avoid any flashes of light that may cause seizures

- Avoid anything that flashes more than three times in any one-second period. For example, do not have a quickly blinking light, like a strobe light on while recording.

3) Make sure the speaker's face is visible

- When you make sure your speaker's face is visible, it can help people who use lip reading to follow along with what is being said, in addition to the transcript text.

4) Avoid visual elements that don't have a non-visual equivalent

- Avoid including visual elements in your video that don't have a corresponding non-visual element. For example, if you have a diagram in the background of your video, please describe any notable features of the diagram pertinent to your discussion.

For more information about these and other web accessibility guidelines, visit the links below!

- **W3C - Making Audio and Video Media Accessible**
 - <https://www.w3.org/WAI/media/av/>
- **W3C - Web Content Accessibility Guidelines**
 - <https://www.w3.org/TR/WCAG20/>