

## Get the FACTS to Accessible Instructional Videos

### Flashing Images

- The [animations of animal heartbeats](#) from Neal Agarwal at Every Second are a good example of images that flash
  - **\*Remember:** Heartbeats for hamsters and hummingbirds at the bottom of the webpage exceed 3 flashes per second, which may impact individuals with photosensitive epilepsy
- The [Photosensitive Epilepsy Analysis Tool \(PEAT\)](#) from the University of Maryland can be used to measure the frequency of flashing content.

### Audio Description

- The [Caption and Description Editing Tool \(CADET\)](#) can be used to draft and listen to audio description for a video
- The [Described and Captioned Media Program](#) supports educators in learning about and gaining access to both audio described and captioned videos

### Captions

- [YouTube](#) is one of many applications that allows you to add captions to videos

### Timing

- Keep a moderate and even pace, which is best for overall access
- Provide content that is synchronized with audio, visuals, and captions
- Videos should be controlled by the student or user (not set to automatically play when they enter a webpage).

### Sound

- Be clear and articulate
- Consider using a microphone and pop filter for clearer audio
- Try audio editing options through various video editing software tools

### Contact Information

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