

Video Watching Hints

The videos in these courses come from a wide range of copyright free sources.






If you don't see the videos, or they do not play:

- You may need to update your Media Player. The video format is .AVI
- You may have a slow connection - please give the videos time to load, or try again later.

If the video freezes, or stops playing before reaching the end:

- Press **Pause** and then press **Play**.
- Or, close the video, and then click the link to restart it. If the problem continues, please inform us.

You can control the movie using the control bar located at the bottom of the movie screen. These controls can be very useful if you are working along with the video.

	Press to play the video.
	Press to stop and rewind the video to the beginning.
	Fast Forward or Fast Rewind
	Audio controls – Control the volume of the audio by clicking on the slide and moving forward (louder) or back (softer).
 Click and drag to move forward or backward in the video.	

The quality of the video does vary however as part of our continuous improvement program poorer quality video will be replaced as improved presentations become available.