



International Paramedics Day Video and Photography Guidance

The following pointers may help you to create your own video footage or photographs to support International Paramedics Day. Please share your videos and photos with us so that we can include them in our showreel and use them to enhance the campaign.

1. Making a video

Using a smart phone or camera

If you don't have professional video equipment, we advise using a smart phone (rather than a tablet or laptop) or camera for making a video.

Smart phone and camera settings

Set your device to 'AUTO' mode. The camera will then automatically change its settings depending on your light situation and will do the focusing for you.

Then select Frames Per Second (fps) for recording. The following are ideal for our purposes:

- 4K at 30fps, 25fps or 24fps
- 1080p HD at 30fps, 25fps or 24fps
- 720p at 30fps, 25fps or 24fps

Talking heads

Content

- Consider the ways in which paramedics are making the difference every moment of every day. The circumstances they find themselves in. The environments they work in. The risks they take. The people they help – and the ways in which they help. Care takes many different forms so it would be interesting to reflect this.
- You may like to talk from your own experience. Film your colleagues talking about their experiences – individually or as a small group. Film family members and friends, encouraging them to talk about a time when a paramedic has made a big difference.
- Remember, it's all about story telling. Please feel free to tell the stories that mean the most to you, that will land well with people, and will help to make the difference.

Portrait or Landscape Shooting

Please try to shoot in **portrait** mode as many social media platforms are designed for portrait videos.

Positioning

If you would like to film yourself (or someone else) talking, then the camera should be positioned directly in front of them. If you're filming yourself, it's worth using a small tripod to ensure the camera stays still. Alternatively, you can make a stand out of books or by propping the phone up on a shelf or desk.

Framing

If you are filming a 'talking head' you only need to include the head and shoulders. Seeing only the head and shoulders is something that they should aim for. Unless it is specifically required for more of the body to be seen - an interview of someone walking for example.

Backgrounds

White or grey backgrounds are good if you don't want anything distracting to be seen whilst the speaker is talking. Equally, you could choose an appropriate indoor or outdoor space to add visual interest, reinforce your messages and illustrate what you are saying. Just be careful not to choose anything too distracting as viewers may not listen to what you are saying.

Lighting

Try and use natural lighting. Standing near a window would be ideal. But don't stand in the window with the camera pointing out the window as you will probably end up being a silhouette. Stand looking out of the window with the camera placed facing away from the window. This will cast a good light on you.

If you're not able to find a window, find some artificial lighting that isn't too harsh. An overhead light will do. Don't stand directly underneath it as it will cast strange shadows on your face. Stand to the side of the light.

Length of Video

Aim to get your message across in 30-60 seconds (maximum) to keep viewers' attention. Keep your video concise and to the point. Start on a really interesting fact or question. People love questions. Try and grab your audience from the start. They will then want to watch for longer.

Situational video

Content Parameters

- Do not include patients. If you really want to include patients, make sure to get written permission to film them and to make the footage public.
- Don't film real-life incidents or accidents. If you are wanting to film a scenario, it will need to be staged, or taken from a training exercise with the permission of all parties involved.

2. Taking photos

Photo instructions are very similar to the video instructions.

Settings

Either shoot a JPEG image or a RAW image to ensure that it is sufficiently high quality.

NOTE: RAW photographs tend to have rather large file sizes so if they are being uploaded to a platform, it might take a little while. JPEG images are smaller in size so won't take as long. JPEG images are usually compressed versions of a RAW image and are preferable, for our purposes.

Portrait or Landscape

Landscape photographs and portrait photographs will work equally well.

Content Parameters

Please see the video content parameters above – the same guidelines apply.

Please upload your photos and videos to our secure portal [here](#) for inclusion in the International Paramedics Day showreel and other promotional activities.

If you have any queries, please [contact us](#).