



Medical Laboratory Professionals' Association of Ontario
L'Association des professionnels des laboratoires médicaux de l'Ontario

Make a video for #YearOfTheLab2021

- 1. Prepare Your Script:** Here's the format to use for your Year of the Lab video. Use simple terms that members of the public can understand.
Practice it once before recording – the entire thing should be 1 minute or less.
 - Begin with: "Did you know?"
 - Describe how someone would engage with your area of practice in simple terms. *For example, you might say: "Did you ever wonder why you need to fast before getting your blood drawn? Food or drinks enter your bloodstream, and we can see it in your test results. Rates of fats, sugars, and other factors might be artificially high."*
 - End with: "I am a [Medical Laboratory Technologist, Medical Laboratory Assistant/Technician, Pathologist Assistant, etc]. We do more than COVID-19 testing."
- 2. Open the Camera App:** Grab your smartphone (iPhone or Android), open the Camera app, select the Video setting.
- 3. Consider the Shot:**
 - Lab Security: If you're allowed to record in the lab, consider what's behind you! Make sure there is no confidential info being recorded.
 - Lighting + Sound: Make sure there's good lighting on your face and not too much background noise.
 - Camera Lens: Give the camera lenses a wipe to make sure they're as clear as possible.
- 4. Click Record:** Make sure the camera is facing you—selfie mode—and tap the record button. *You can also get a friend to video you instead using the front camera!* Tap the button again to stop recording when you are finished.
- 5. Submit:** Once your video is ready, send it to us. If it's a small enough, you can just email it to us at mlpao@mlpao.org. If it's too big:
 - Go to <https://wetransfer.com/>
 - Click "Send a file"
 - Click the blue plus sign to add your file and select it from your photo library.
 - Click "Next" and then make sure "Send an email" is highlighted.
 - Email it to mlpao@mlpao.org, and include your email in the bottom box. Click "Transfer." *You might need to confirm your email through a security code.*