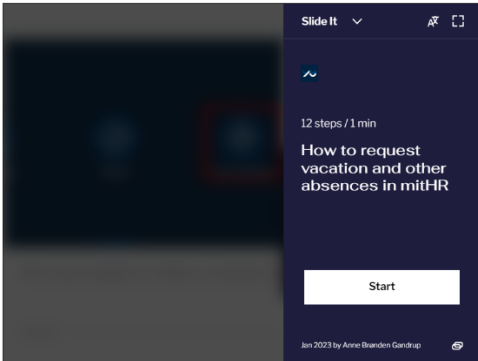






# How to use the video-guides

**Note:** If you can not see a video like this you may need to adjust the settings in your browser to accept cookies.

You can see the guide for clearing cookies described in the next page of this document.



	<p>Choose the video-format using the drop-down. You can easily change the format.</p>
<p><b>Description of the different formats</b></p>	
<p><b>Slide it (recommended)</b></p>	<p>Use the arrows to switch through the steps of the guide.  <i>Recommended for guides with descriptive texts in the guidance.</i></p>
<p>Try it</p>	<p>The guide awaits your action on the system screen before switching to the next step.  <i>Full screen is required to show guides with descriptive texts.</i></p>
<p>Watch it</p>	<p>The guide automatically plays through the steps. You can pause it, whenever you want.  In the case of long descriptive texts it will take a while for the guide to go to the next step.  <i>Full screen is required to show guides with descriptive texts.</i></p>
<p>View it</p>	<p>The guide will be viewed as a text page with screen-images that you can browse through.  <i>ull screen is required to show guides with descriptive texts.</i></p>
<p><b>Print it (pdf)</b></p>	<p>Document-version of the guide in PDF. You choose if you want the format in</p> <ul style="list-style-type: none"> <li>• "Portrait" (multiple steps pr page)</li> <li>• "Landscape" (one step pr page and a complete screen-image.)</li> </ul> <p><i>Recommended if you prefer guides in traditional, "written" format.</i></p>

<p>Do it</p>	<p>You are directed to mitHR where you can walk through the steps live in the system, while you have the guide to support you.          Can be shown with only text or with both text and images.</p> <p><b>Note:</b> This requires download of the <a href="#">Chrome-extension</a> for the video-tool (lorad), that is used here. The extension can be acquired in the chrome-webshop</p>
<p><b>Additional features</b></p>	
	<p>Show the guide in full screen mode.</p>
	<p>See when the guide has been created/updated last and who the author is.</p>
	<p>Copy the link to the guide.</p>

## Clearing cookies

Showing the video-guides require that the settings in your browser accept cookies.

The clearing of cookies also deletes your original choice to accept or deny cookies thereby triggering the browser to ask once again for your choice and give you a renewed chance to accept.

Browser-specific guides to clearing cookies:

- [Chrome](#)
- [Firefox](#)
- [Microsoft Edge](#)