

# On camera best practices

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**Center** yourself within the camera frame

**Position the camera** so it captures your head, shoulders, and the top of your torso

Position your device on a **stable surface** to avoid shakiness

**Avoid covering the camera lens** with your finger while filming

**If not using an attached microphone, stand within 6 feet from the recording device** to ensure your audio is audible

**Avoid being backlit;** lighting should come from behind the camera

**Avoid talking with your hands** whenever possible