

# ALL-SAFE

## Video Recording Guide

### For Mac with QuickTime Player

Using Screenshot in the QuickTime Player app, you can make a video recording of your computer screen. You can open the recording in the app and save it on your Mac.

- In the QuickTime Player app on your Mac, choose File > New Screen Recording (Figure 1) to open Screenshot and display the tools. You can click Options to control what you record — for example, you can set the location where you want to save your screen recording or include the pointer or clicks in the screen recording (Figure 2).

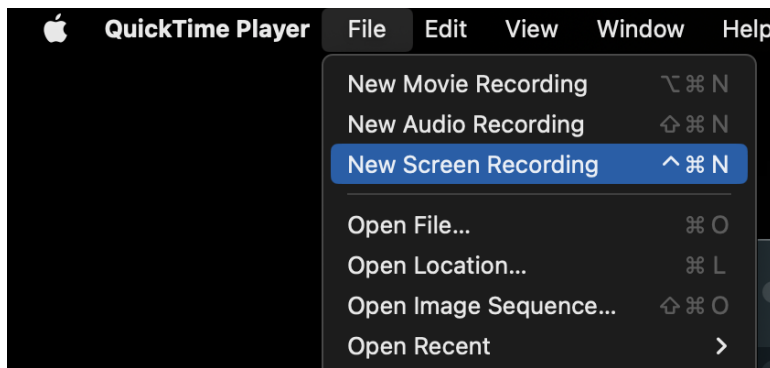



Figure 1



Figure 2

- Click Record. To stop recording, click the Stop Recording button  in the menu bar (or use the Touch Bar). Depending on where you chose to save the recording, an app may open.