THE AOHNA LIGHT THE LAMP AWARD
A GUIDE TO GETTING STARTED

There are many ways to use your iPad and tablets but we think promoting occupational health nursing is the BEST use of all. To get started, you need a cause or an idea related to occupational health nursing such as:

"What is Occupational Health?", "What does an Occupational Health Nurse do?", "What can an OHN do for your workers and your company's bottom line?", or educational topics like "OHN's and Noise induced hearing loss", "OHN's and spirometry" or "How an OHN changed my life" – the list of possible topics is endless.

Then you need to build a script or a list of points you wish to make. The script is what you use to build your video around, or conversely, you can find your images, put them in order and then write the script to support your pictures.

For the AOHNA video sample – two main apps were used and BONUS – they are FREE. These are apps that you can download for free on the iPad. These are 'Bitstrips' and 'Adobe Voice', but you are fee to use any approach that you prefer. These apps were also used by Alex Wilson an industrial hygienist for the Canary Award competition: http://voice.adobe.com/v/Shb8CtSwnGd.

Bitstrips is a social comic app which links to your Facebook account that allows you to create a comic avatar – a virtual representation of you! Bitstrips allows you to make comic pictures of different scenarios. You can then save these pictures to your iPad photo stream and edit them from that location. So basically, you can create loads of comic pictures that could fit to certain occupational health scenarios. There are ways to search for different topics you just have to spend time finding the pictures. Once you have saved them all you can then allocate a comic picture to parts of your script.

Once you have your comic pictures or other images you wish to use saved, you then need to use something to put them all together. In our video, we did this by using Adobe Voice. This is an app that creates videos by using pictures and also icons which can be downloaded from the Adobe voice icon library. As you can see from the example video we used a series of comic pictures and some icons. Adobe voice is a very easy to use app that allows you to learn while doing it. You can watch video for tutorials. Once you have your pictures and icons sorted, theme selected, format and colors chosen and music linked to your video you can also record your voice over the top of each slide. So this is what we did. Parts of the script were recorded over each slide of the presentation. This is where the script comes in handy!

Once it's finished you upload the video to the Adobe voice website, you can also share it via social media and email the link to people – like us at treasurer@aohna.org. One drawback with Adobe voice is that you cannot download the video or upload to YouTube.

This is just a brief overview of one way to create a video but there are numerous ways to spread the message. The AOHNA executive wants to encourage you to try it, have some fun, spread the message – and as always – keep it professional.   Remember to submit it by April 1st, so the winner can be announced at our Annual Conference. Please see our website for further details.

AOHNA Executive