Plan a first-person video pilot

Use a controlled training task your team is authorized to demonstrate. Agree on the buyer task and acceptance criteria before you record a full batch.

1. Pick an action with a clear outcome

Write down the starting state, tool, hand action, end state and what counts as a completed or failed attempt. Keep natural variation in hand, tool, angle or workspace when relevant.

2. Use a controlled setting

Get employer and participant permission and follow site rules. Use training fixtures where possible. Keep live electrical work, customer sites, access details and confidential displays outside the pilot.

3. Agree on the capture specification

Ask the buyer for camera views, resolution, frame rate, synchronization, sensor data and metadata requirements. Keep hands and objects visible. Validate the setup on a short example.

4. Record the evidence alongside the clip

Use one identifier for the media, action labels and release reference. Track failed recordings and rejected clips so you can estimate accepted hours.

Your first sample

Field	What to record
Task and attempt ID	Scenario, start state, action, end state and outcome
Capture and permissions	View, frame rate, participant/site approvals and exclusions
Quality review	Visibility, sync, timestamps, duplicates and acceptance result

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