HOW TO CAPTURE SCREENSHOTS FROM DVDS AND VIDEOS ON AN OS X SYSTEM

To capture screenshots from DVDs or videos you will need to download and install VLC media player.

NOTE: If VLC media player is already installed please proceed to the section "Capturing screenshots from a DVD" or "Capturing a screenshot from a video file".

VLC media player can be downloaded at:
http://www.videolan.org/vlc/

Installation of VLC media Player
Once the application has been downloaded, copy it to the **Applications** folder.

Capturing screenshots from a DVD
1. Insert the DVD into the DVD drive.
   NOTE: The **DVD Player** application will automatically launch after the DVD is inserted, you will need to quit the application before proceeding to the next step.
2. Go to the **Applications** folder and launch the **VLC media player** application.
3. Go to the **File** menu and select **Open Disc…**
4. Verify the **DVD** radio button is selected and click **OK**.
5. Once the DVD begins playing jump to the scene to capture and pause the video.
6. Go to the **Video** menu and select **Snapshot** (the screenshot will be saved to the **Desktop** with a default filename from the application).

Capturing screenshots from a video file
1. Go to the **Applications** folder and launch the **VLC media player** application.
2. Go to the **File** menu and select **Open File…**
3. Click on the **Browse…** button, navigate to the video clip, select it and click **Open**.
4. Click **OK** to begin playing the video.
5. Once the video begins playing jump to the scene to capture and pause the video.
6. Go to the **Video** menu and select **Snapshot** (the screenshot will be saved to the **Desktop** with a default filename from the application).

Once the scene has been captured, the file can be edited with Adobe Photoshop or inserted into a PowerPoint or OIV presentation.