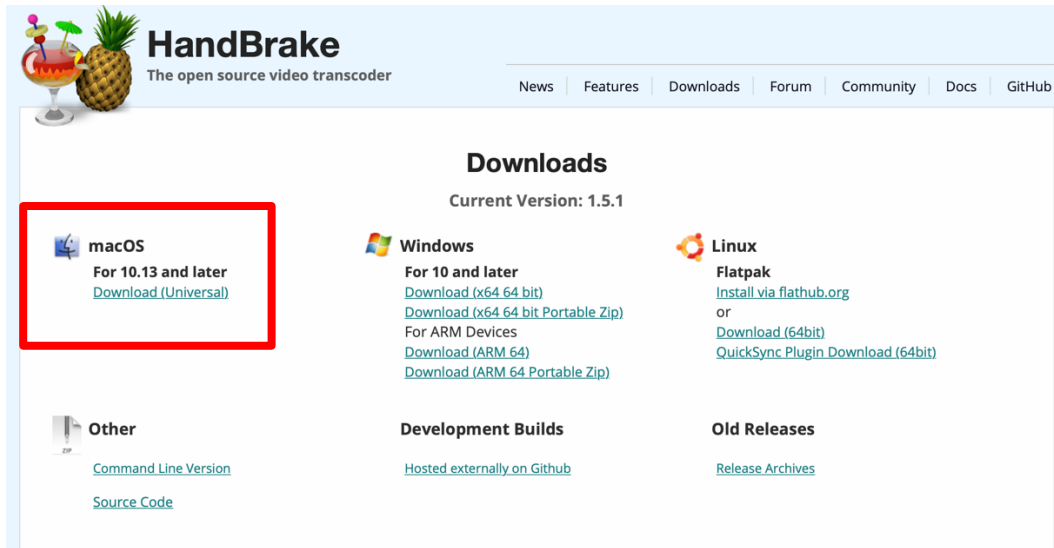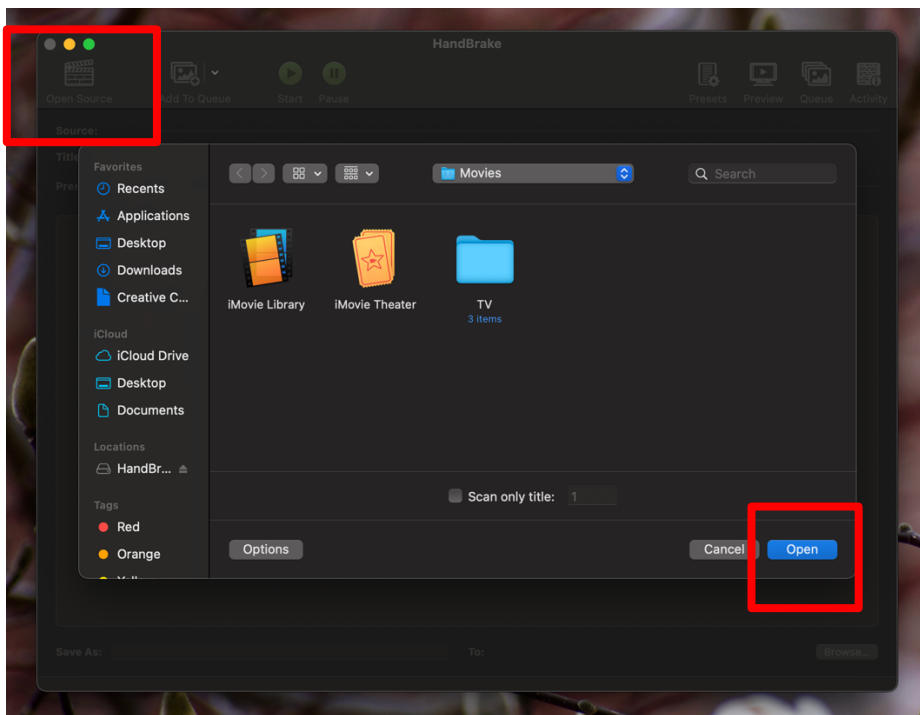# Handbrake Video Compression Guide (Mac)

Step 1: Download Handbrake -
To download, go to handbrake.fr/downloads.php and select your Operating System. Once the application is downloaded to your computer, install it and then open it.
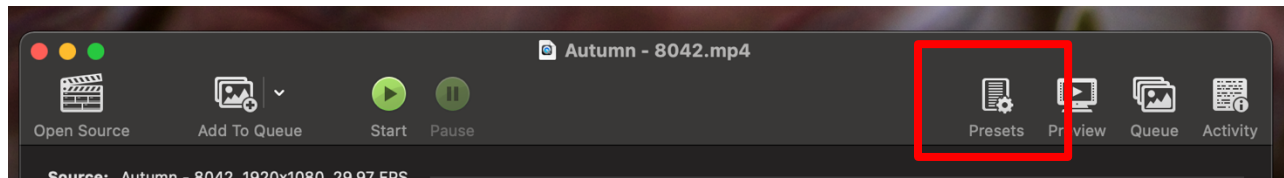

Step 2: Open Handbrake and Select your Video File -
1. The option to select a video file should automatically appear when you first open Handbrake. If this option does not appear, click the **Open Source** icon located at the top left corner of the Handbrake window. **2.** Select the video file from your computer and click **Open**.
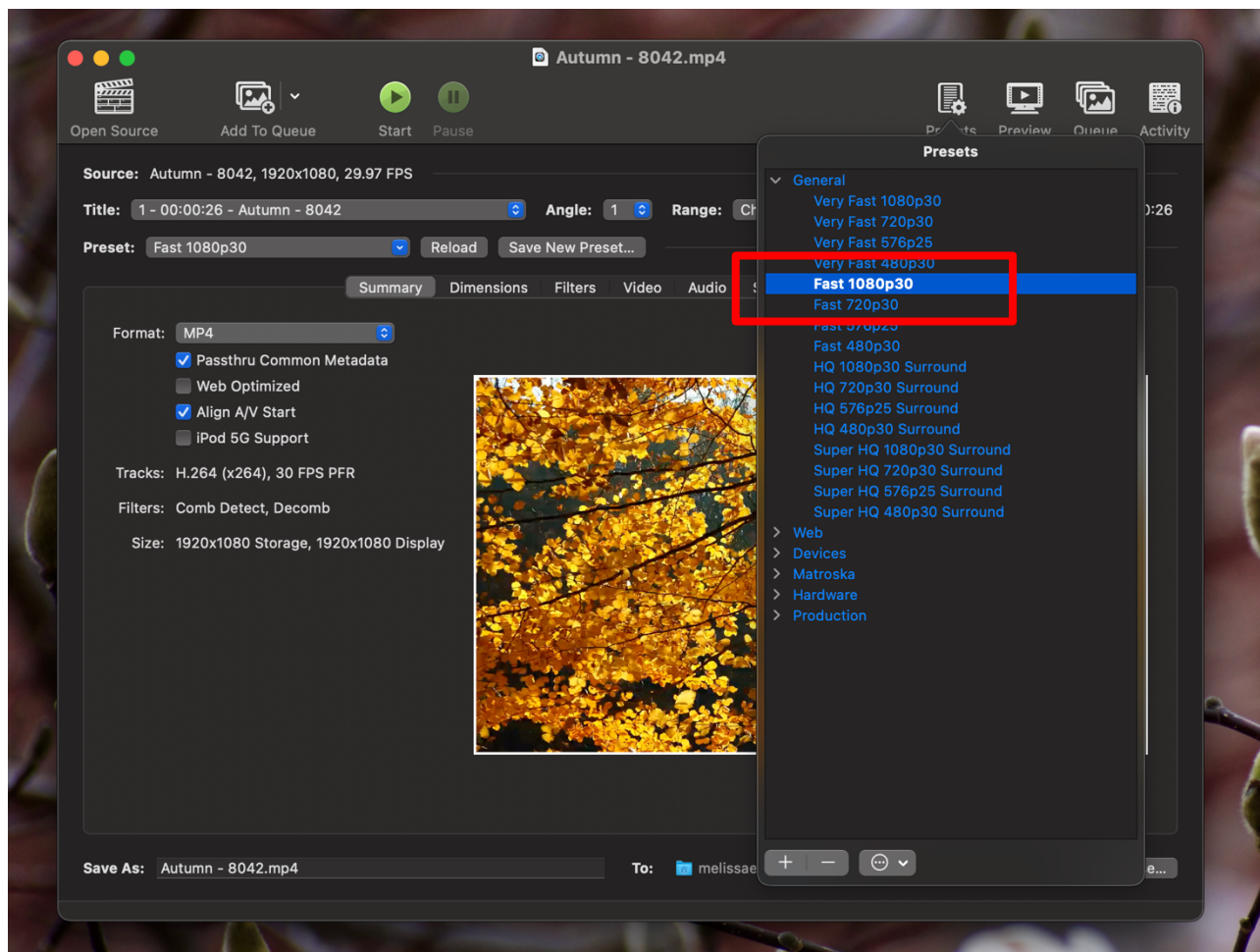
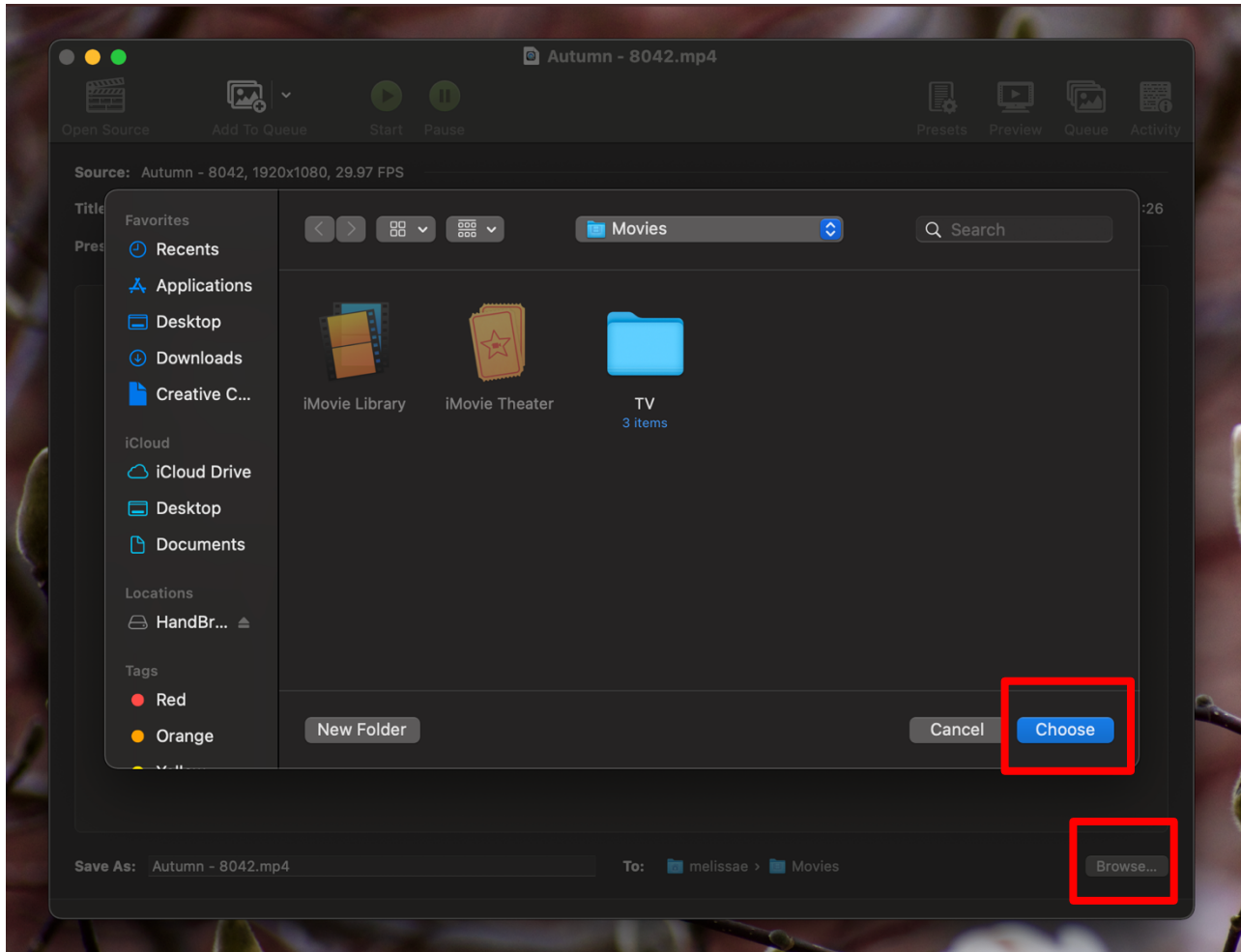**Step 3: Select the Output Type and Destination for Saving -**
A. Select the **Presets** option at the top right corner of the window.

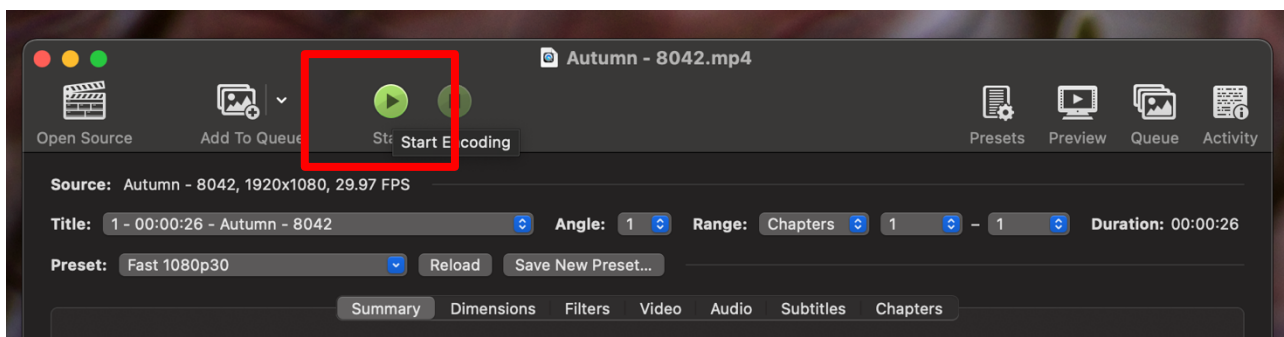**B.** If not already selected, choose **Fast 1080p30**. You will then click off of the **presets** menu.

C. Click the **Browse** button at the bottom right corner of the window. A browsing window will open on your computer. Select the location on your computer where you would like to save the new, compressed file then click **Choose**.
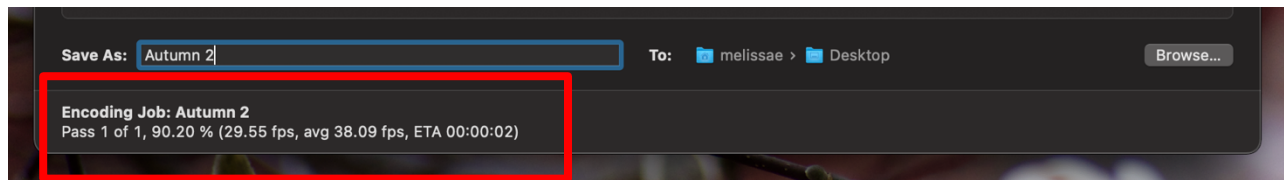

Step 4: Compress Video -
A. Click the Start button located at the top of the Handbrake window.

B. Once the compression process has started, you will see its status at the bottom of the HandBrake window.

C. When the compression is finished you will see the "**Encode Finished**" message appear at the bottom of the window.