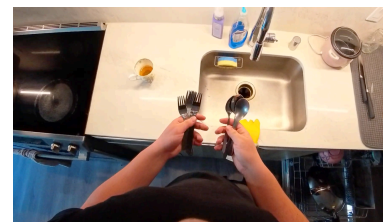
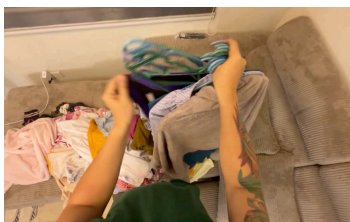


Participant Guide

1. Project Overview

Thank you for your interest and participation in this project! Workstream is seeking high-quality first-person video recordings of humans doing real-world physical tasks at home captured through your own smartphone and a provided head strap.

These recordings will be used to train and validate autonomous robotic systems that will one day serve in warehouses carrying heavy items, in healthcare conducting surgeries, or even in your home helping with chores. Your contributions will help to improve how robots understand hand movements, object interaction, spatial reasoning and task execution.



Your Main Responsibility: To film real-world, diverse, natural hand actions with clear visibility of hands, objects and your surroundings in accordance with filming requirements.

2. Participant Expectations

We're looking for participants to film themselves complete everyday tasks they already do at home, such as folding clothes, organizing items, and cleaning, using a head-mounted camera. You must have a smartphone with a **wide-angle camera** and commit to capturing **12–15 hours** of footage per week using the provided head strap. Compensation is based on each hour of **usable footage** submitted, and is paid monthly. Simply record what you already do, submit and get paid!

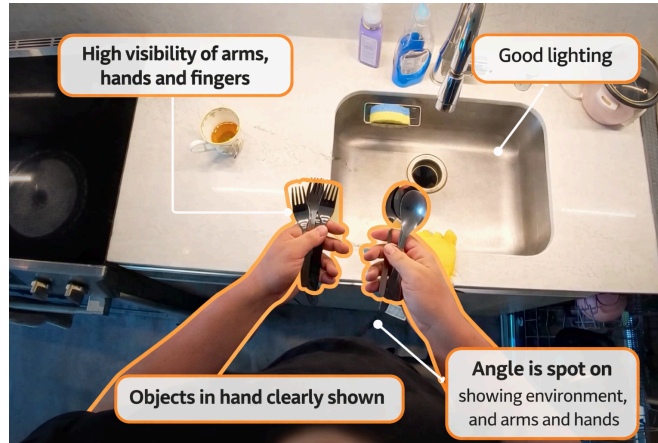
3. Types of Activities to Record

You should aim to film activities that require consistent arm and hand movements, such as:

Task Category	Sample Actions	Sample Activities
Object Manipulation	Grasping, placement, orientation: e.g. picking up, placing, stacking, rotating	Reorganizing kitchen cabinets, arranging groceries, folding clothes
Tool Use	Tool interaction and control: e.g. using cook equipment, stirring, wiping	Meal prepping, gardening, laundry tasks
Container Interaction	Open/close and transferring contents	Opening Tupperware, pouring drinks, unpacking items
Sorting & Organization	Grouping by size/color, arranging items	Organizing clothes by color, sorting pantry items
Cleaning & Surface Tasks	Wiping, scrubbing, drying surfaces	Cleaning kitchen counters, washing dishes, wiping tables, cleaning bathroom
Assembly / Disassembly	Connecting, unscrewing, rebuilding	Assembling furniture, organizing cables
Navigation & Reach	Retrieving items from different heights	Placing items on shelves, picking items from floor
Fine Motor Control	Handling small or precise objects	Sorting coins, handling jewelry, buttoning clothes,

Your main goal is to capture **12–15 hours** of footage per week that is considered **high-quality** for robotics training. Generally speaking, high-quality footage should meet the following requirements:

1. **Clear arm, hand and finger visibility at all times:** ensure that the camera is angled correctly before filming so that your arms remain visible for more than 90% of the recording.
2. **Intentional, consistent high-value** movements: focus on capturing meaningful actions (organizing a cabinet, cleaning the toilet, folding laundry) rather than low-value actions such as filming your self drive, walk your dog, study, type, use your phone or watch TV.
3. **Bright filming environment:** record in well-lit spaces so movements and objects are clearly visible.



To help ensure you meet this standard, please review this document in detail, reviewing the below samples videos and task library below to get a sense of the expected output from participants:

Gold Standard Sample Videos

Activity Name
Home Kitchen Cleaning
Home Dinner Preparation

4. What’s Considered Unusable Footage?

The following activities and actions are considered unusable footage.

Category	Details
No Movement	Sitting, waiting, standing idle, long pauses
No Hand Interaction	Talking, holding objects without using them, gesturing only
Passive Activities	Watching TV, scrolling phone, listening without interaction
Studying / Office Tasks	Reading, typing, writing, browsing

Non-Manipulation	Walking, exercising, driving, sleeping
Repetitive Actions	Repeating the same motion with no variation
Movement Without Task	Walking around or pacing without doing tasks
Transportation	Driving, cycling, skating, riding vehicles
Poor Visibility	Hands not visible, blocked view, bad camera angle, blurry
Bad Lighting	Too dark, strong shadows, overexposed

5. Filming Requirements and Settings

Required Items

- **Items:** 1 x smartphone, 1 x head strap

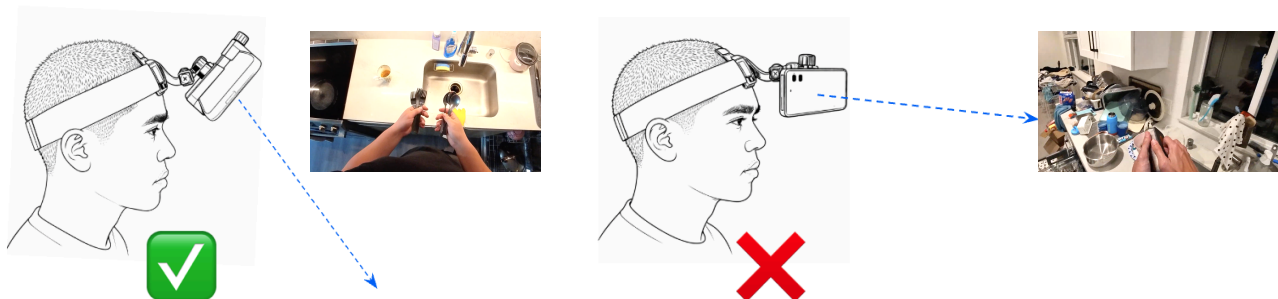
Smart Phone Requirements***

Wide-angle lens ✓	1080p HD minimum ✓	30 FPS minimum ✓	.MP4 or .MOV format only ✓
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- Smartphone capable of HD video recording with a **wide-angle lens** (iPhone Pros only – 0.5x mode or 0.6x on Android). You cannot film with default video settings (standard lens). Videos will be rejected.
- Ample battery and storage on the device, a fast internet connection for uploading footage.
- Minimum specifications: 1080p, 30 frames per second (FPS). Anything less than this is not acceptable.

Required Camera Angle***

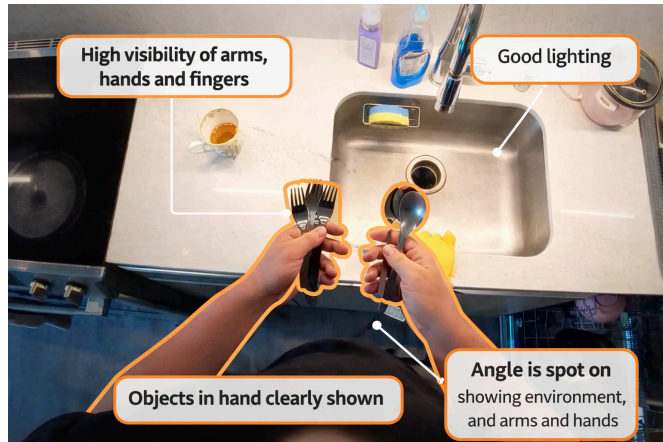
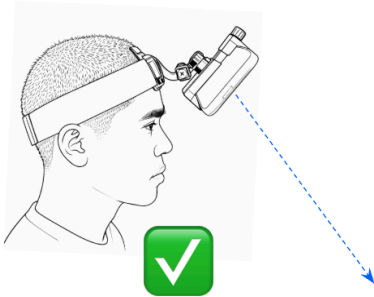
- **IMPORTANT:** This is critical. Place the head strap and phone on your head, and position the camera to angle downwards towards your working surface area and arms.



- **IMPORTANT:** Test recording by filming a few seconds of yourself doing a simple task.
- Remove the head strap, and self QA the video. Verify that it passes the required angle check, if not correct the angle.

Required Filming Angle: Gold Standard ✓

By following the prior instructions, you should output video that is in line with this gold standard example:



Note the good lighting, the high visibility of the participant's full arm, hands and fingers, the objects being manipulated, and the surrounding environment. Also note that it is not facing too much at the body.

Bad Examples:

Please review below examples of poor samples that are not optimal or usable for robotics training:



✗ The camera is facing too downward, showing too much of the participant's body. It should be angled more outwards, yet not too frontal.



✗ The footage is too dark. Please do not film at night or in dark spaces.



✗ The footage is too frontal. It does not capture the participant's full arms - only the top of their hands. We require a high percentage of arms being shown.

6. Sample Tasks, Activities and Actions to Film

You are now set up and ready to film! Please find below a sample list of tasks and actions you can consider filming:

Task Category	Example Activities
Object Manipulation	<ol style="list-style-type: none"> 1. Pick up and place objects on a table. Stack items neatly 2. Rotate an object in hand 3. Move objects between containers 4. Align objects to edges. Push objects across a surface 5. Pick up fragile items carefully 6. Transfer items hand-to-hand 7. Place items at varying distances 8. Arrange objects by size
Tool Use	<ol style="list-style-type: none"> 1. Use a screwdriver on a surface 2. Open and close scissors 3. Stir with a spoon 4. Wipe a surface with a cloth 5. Use a marker to draw lines 6. Press buttons with a tool 7. Scrape an object lightly 8. Use tongs to pick items
Container Interaction	<ol style="list-style-type: none"> 1. Open and close boxes 2. Remove items from a bag 3. Place items into drawers 4. Zip and unzip a pouch 5. Stack containers 6. Close lids carefully 7. Transfer contents between containers 8. Organize items inside a box
Sorting & Organization	<ol style="list-style-type: none"> 1. Sort items by color 2. Group objects by size 3. Line up objects evenly 4. Separate items into bins 5. Arrange items symmetrically 6. Organize cluttered surfaces 7. Create ordered rows 8. Stack by height
Cleaning & Surface Tasks	<ol style="list-style-type: none"> 1. Wipe a table surface 2. Clean a spill 3. Dust a flat surface 4. Polish an object 5. Scrub lightly with sponge 6. Dry a surface 7. Clean edges and corners 8. Fold cleaning cloth

Assembly / Disassembly	<ol style="list-style-type: none"> 1. Assemble simple parts 2. Disassemble components 3. Screw pieces together 4. Unsnap connected items 5. Align parts before joining 6. Stack and unstack parts 7. Connect modular pieces 8. Separate joined items
Navigation & Reach	<ol style="list-style-type: none"> 1. Reach for objects at different heights 2. Retrieve items from shelves 3. Place items near edges 4. Move objects from floor to table 5. Reach across a surface 6. Avoid obstacles while reaching 7. Adjust stance to reach 8. Lean slightly while maintaining balance
Fine Motor Control	<ol style="list-style-type: none"> 1. Pick up small items 2. Place coins precisely 3. Align small objects 4. Thread objects together 5. Press small buttons 6. Rotate knobs slowly 7. Adjust object orientation 8. Stack small pieces

7a. Filming Best Practices

Only film activities that are considered helpful for robotics training. Imagine these robots one operating in the household doing chores, in warehouses/manufacturing, healthcare etc. What's helpful for them?

- Filming sessions should involve **continous hand usage** and **object interaction**. Keep things natural and do not act it out, but do maintain the mindset of needing to use and show your arms and hands to the camera at all times.
- Ensure that the camera is angled correctly each time before filming. Review your planned tasks before beginning.
- Film only in well-lit environments.
- Avoid unnecessary head movement, do not narrate unless instructed.
- Stop and re-record if interrupted.
- Quality matters more than quantity.

7b. Filming Dont's

1. Private Spaces & Personal Areas ❌

- Bathrooms, toilets, or shower areas
- Any location where people expect privacy

2. Unsafe or Risky Activities ❌

- Driving vehicles, operating heavy machinery or power tools
- Activities involving heights, fire, or hazardous materials

- Any action that could endanger the participant or others

3. People & Consent ❌

- Individuals without their explicit consent
- Children or minors without parental/guardian permission
- Private conversations of others

4. Sensitive Personal Information ❌

- Proprietary technology, recipes, or secrets
- Credit/debit cards or banking details
- Passports, driver's licenses, or other IDs
- Social security numbers, tax forms, or medical records
- Login credentials, passwords, or authentication codes

5. Work & Confidential Data ❌

- Proprietary work documents or code
- Screens showing confidential emails, messages, or files
- Internal company systems or software interfaces that are private

6. Illegal or Inappropriate Content ❌

- Illegal activities (theft, drug use, etc.)
- Weapons misuse or unsafe handling of firearms
- Pornographic or sexually explicit content
- Harassment, bullying, or any form of abuse

7. Copyrighted or Protected Material ❌

- Movies, TV shows, or streaming content
- Music not licensed for recording
- Logos, branded products, or artwork that is protected

8. Google Drive Exporting and Submission Steps

1. **Open the Google Drive app on your smartphone.**

If you do not have it installed, download Google Drive from the App Store or Google Play.

2. **Navigate to your personal Google Drive submissions folder (this will be provided).**

3. **Upload your videos.**

Open your newly created folder. Tap the "+" (New) button again. Select "Upload". Choose "Videos" or "Browse" to find the recordings on your phone. Select the videos you recorded and tap "Upload".

Make sure to not force quit the app. If you have 'Background app refresh' turned on, you may leave the app.

4. **Tip:** Video files can be large. Uploading while connected to Wi-Fi will make the process faster and help avoid mobile data charges. Do not transfer them via WhatsApp as it will compress the file.