



# Flashing & Photosensitivity

## What is it for?

High-energy videos with strobing effects or rapid transitions can be physically dangerous. For people with epilepsy, if content flashes more than three times per second, it can trigger seizures. For people with vestibular disorders, intense motion like rapid spinning or "shaky cam" can cause immediate dizziness, nausea, and vertigo in users with inner-ear balance issues.

## How to support it

Safety is about moderation.

- Ensure nothing flashes more than three times in one second
- Avoid rapid spinning or intense zooming
- If a video must contain flashing (e.g. concert footage), add a static "Warning: Flashing images" cover slide so users can scroll past before it auto-plays
- Avoid autoplay on websites, let users choose to start the video manually

## Useful Links

[Epilepsy Society - Photosensitive Epilepsy](#)  
[Designing Safer Web Animation For Motion Sensitivity](#)