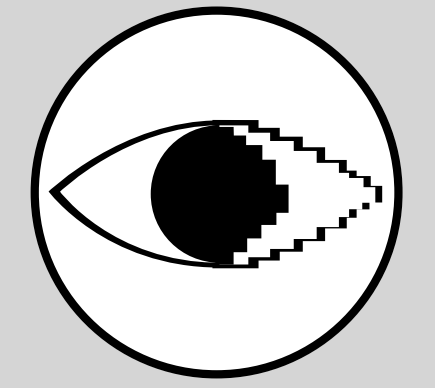
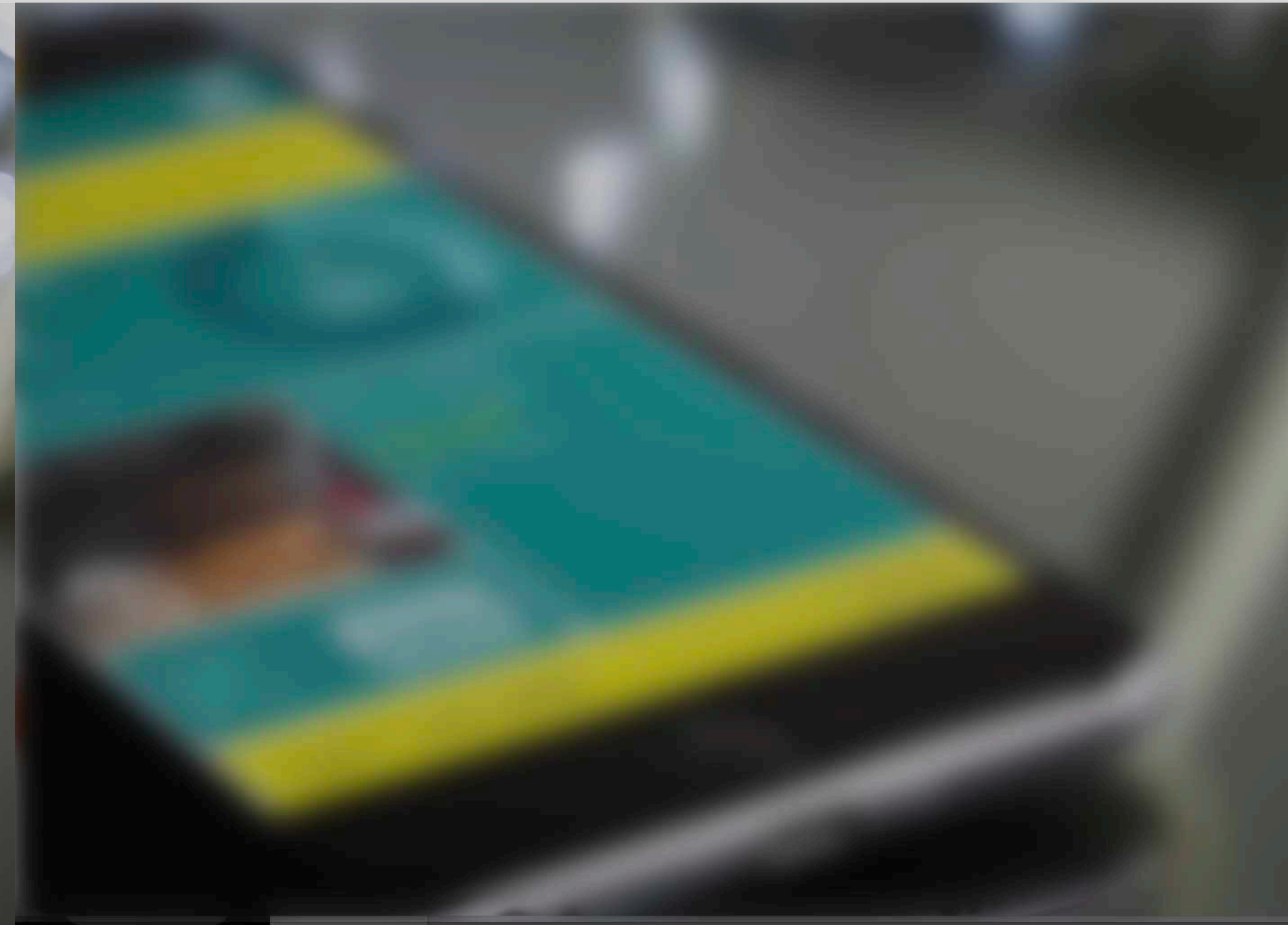
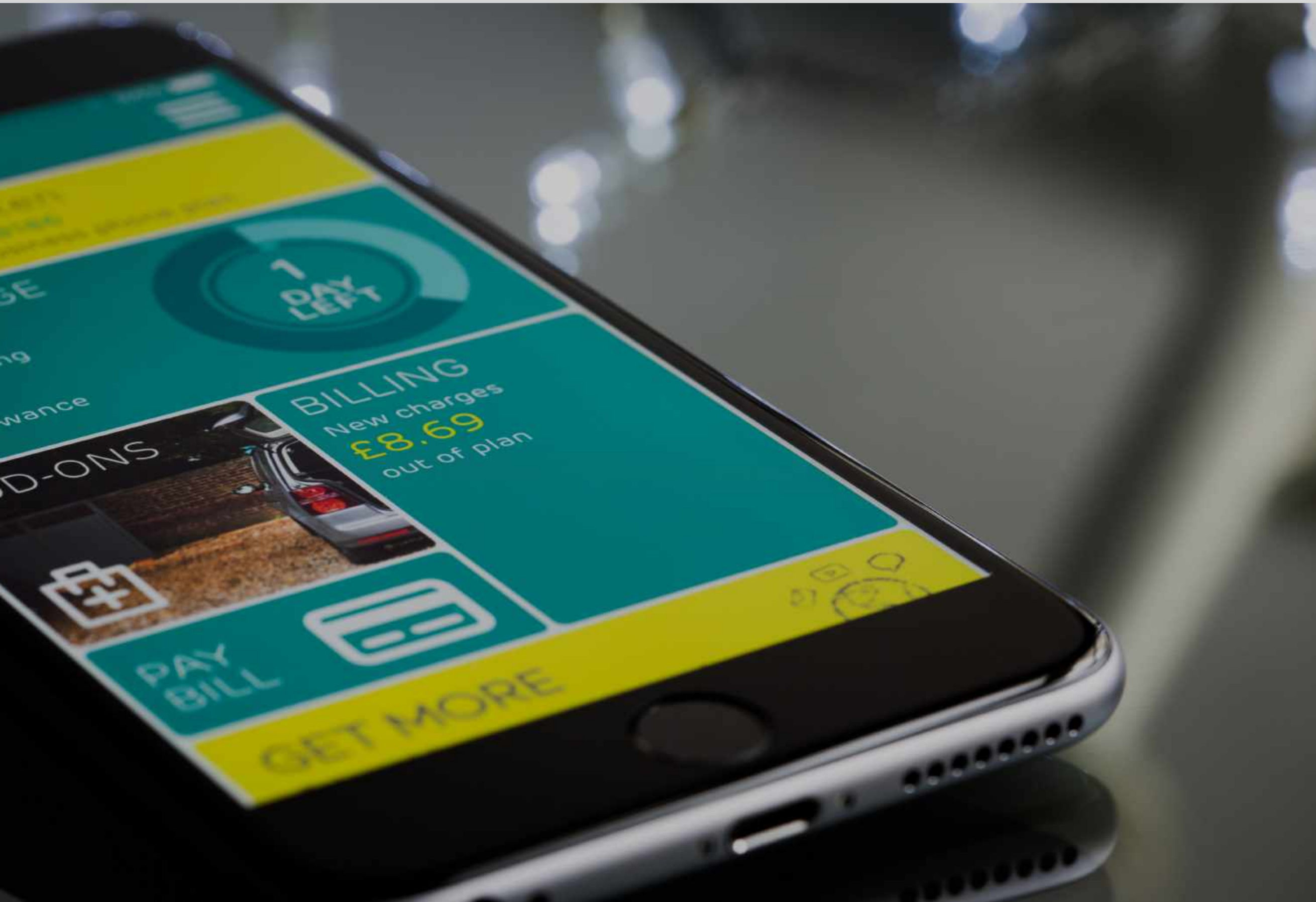


Quick Guide to The Blur Filter



Version 3.0



Content:

1. Introduction to Blur Filter Inspection Tool
2. Quick guide: Apple Terminal
3. Quick guide: PowerPoint
4. Quick guide: Photoshop
5. Quick guide: Figma

1. Introduction to the Blur Filter Inspection Tool

We have two types of vision:

1. Our central or focal vision, which we are consciously aware of. Here, we see things in high-resolution and in vivid colours.
2. Our peripheral vision, which is pre-attentive. This type of vision is blurry and poor at distinguishing details and colours.

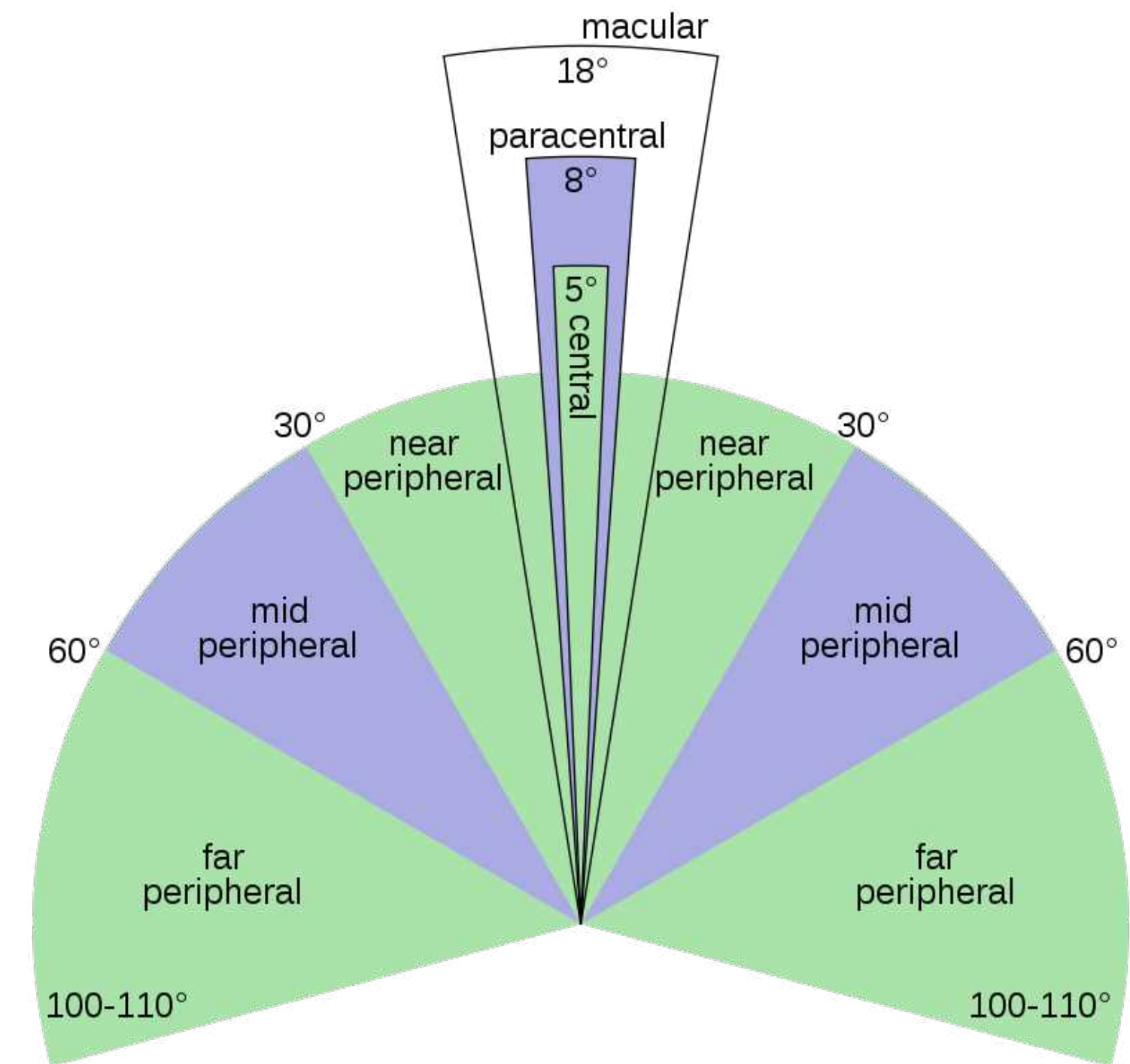
Our central vision only makes up about 2-4 % of our visual field. Thus, if we want to make sure that our design also provide adequate support for the remaining 96-98% of our visual field, we need a way to bring the peripheral vision into consciousness.

This is what the blur filter does.

It blurs out the parts the central eye sees and leaves only the information the peripheral eye sees.

The blur filter can for instance help you make sure that your user's focus is efficiently guided to the correct places. Even when a busy user only glances very briefly at your design, they can quickly and easily find the most important elements, as these clearly stand out to peripheral vision.

————— $\approx 200^\circ$ field of vision —————



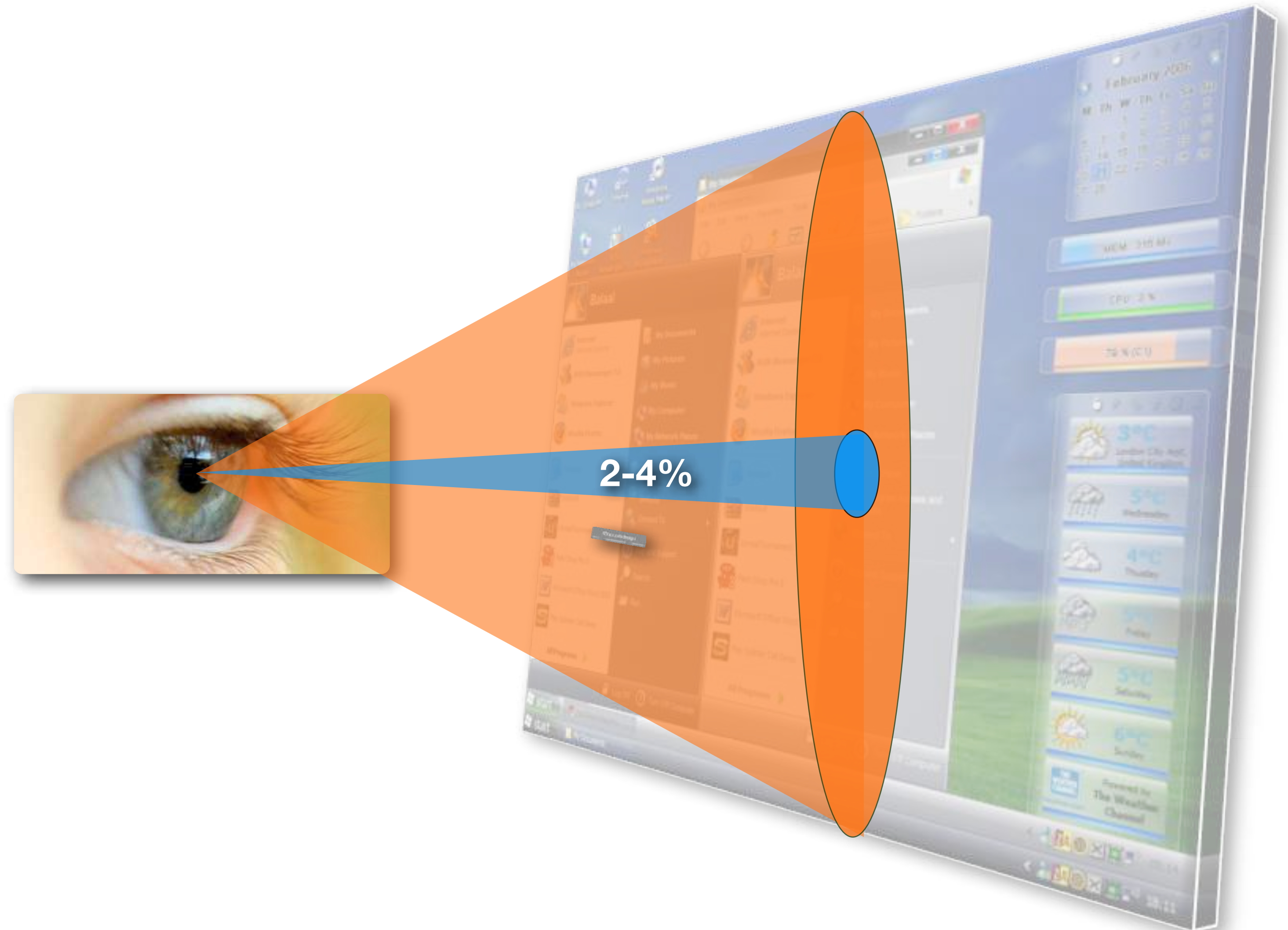
Central Versus Peripheral Vision

Central vision

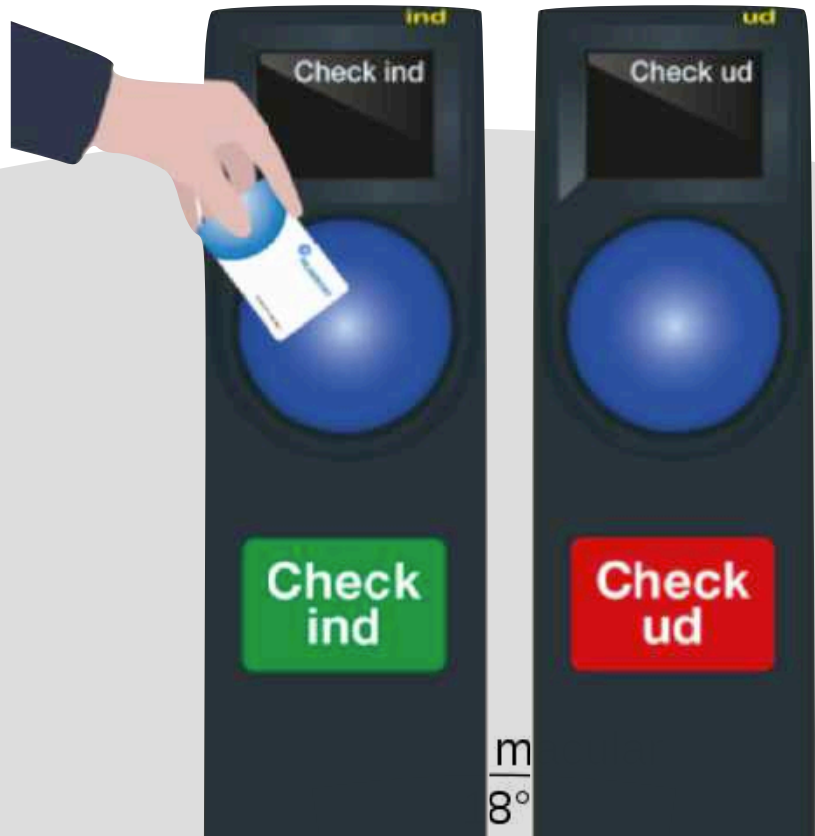
- Consists of a type of cells called cones, which responds to high light levels (photopic)
- Sees colours and details
- It has high resolution
- Relates to *what* (object features and identity)
- Linked to conscious awareness

Peripheral vision

- Consists of a type of cells called rods, which responds to low light levels (night vision, scotopic)
- Poor at seeing colours
- Low resolution (only sees the general shape, structure and position of things)
- Relates to *how* and *where* (movement and visuospatial navigation)
- Is automatic and pre-attentive

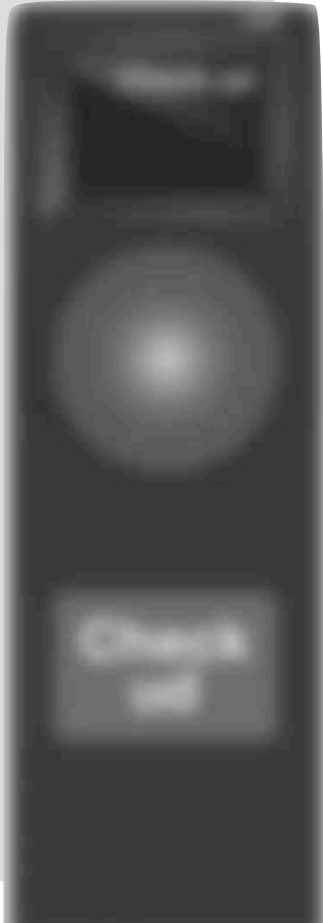
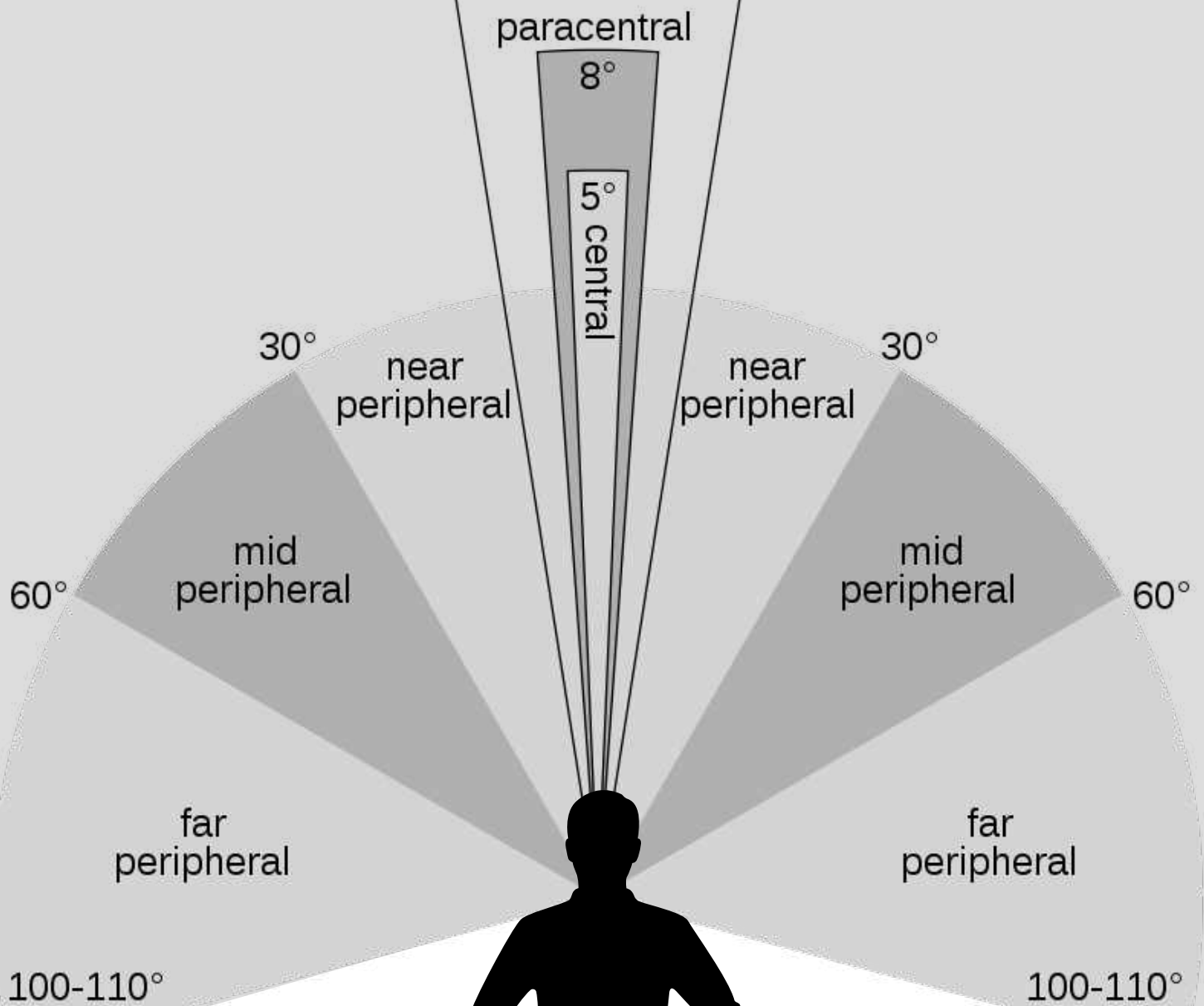


A Note on Colour



Note !

As we move from near peripheral to far peripheral vision colour acuity degrades. Therefore, to simulate peripheral vision you should remove colour in addition to blurring.

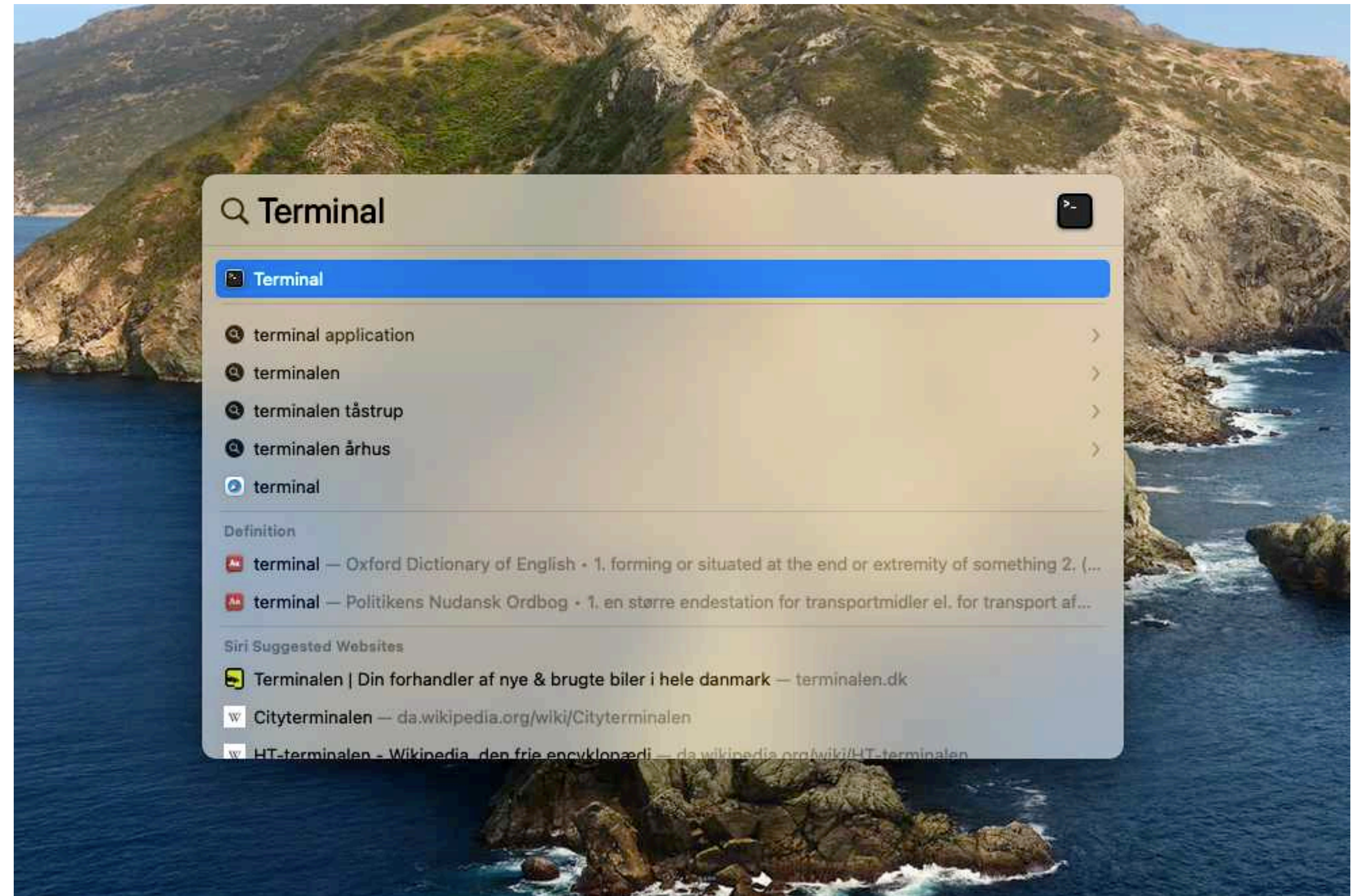


2. Quick Guide To Use Your Apple Terminal as a Blur Filter



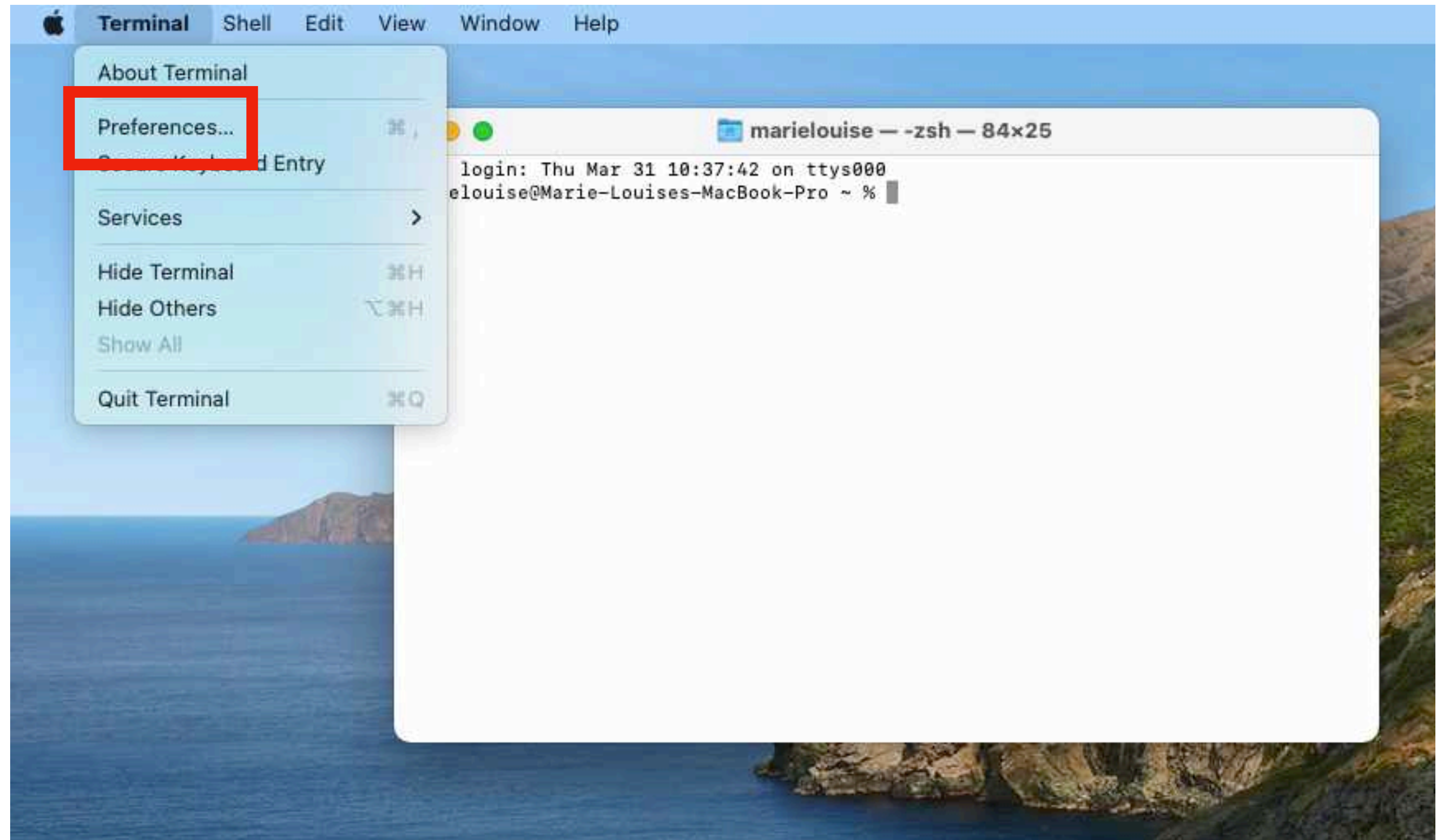
Step 1

- Press *command* + *space* at the same time on your keyboard
- This opens a search bar
- Type “Terminal” in the search bar and press enter



Step 2

- Now the Terminal is open (the white window)
- Click on “Terminal” from the upper menu located at the top left of the screen
- Select “Preferences” from the drop down menu



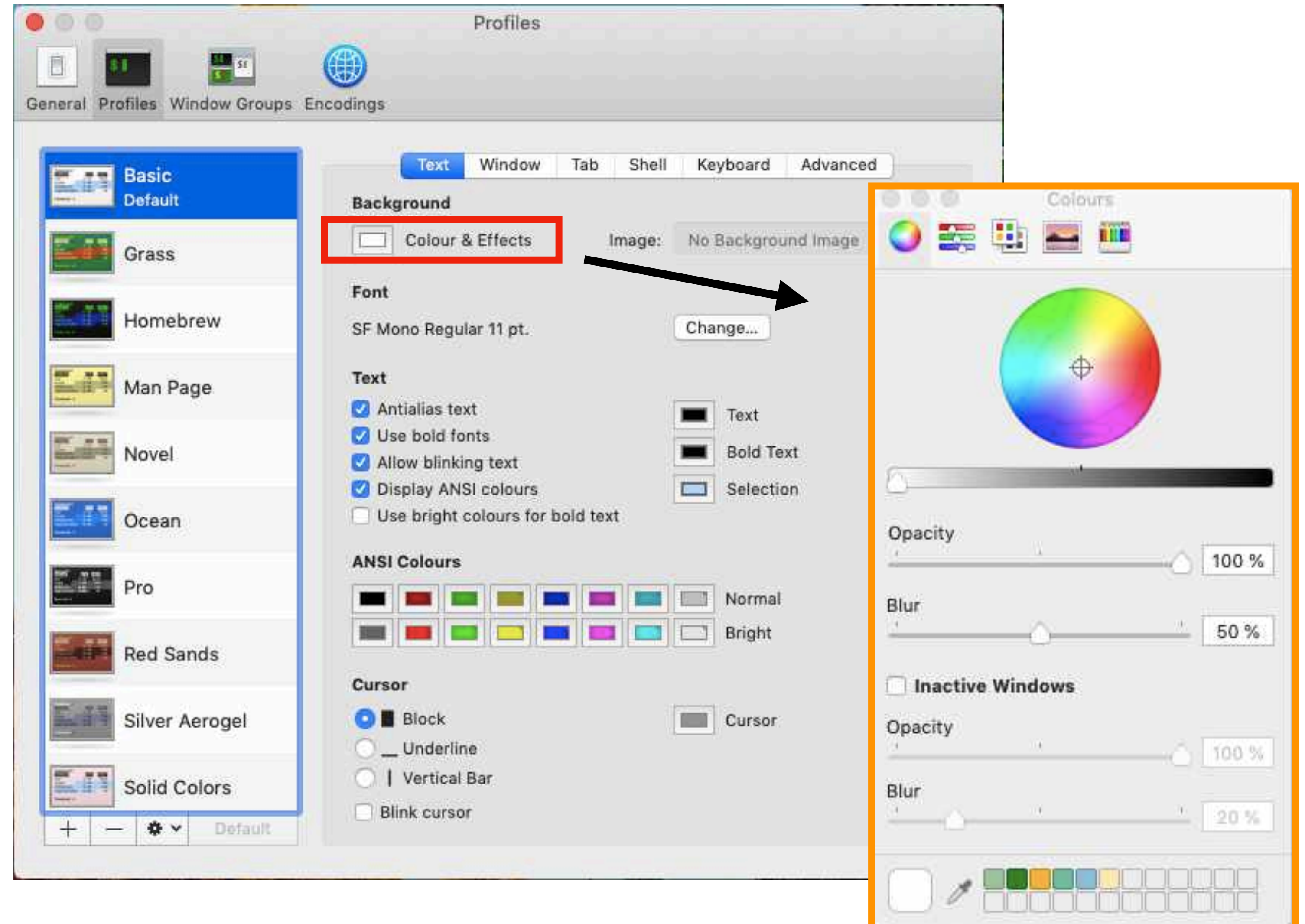
Step 3

- Once you have selected “Preferences”, the menu displayed on the right will pop up



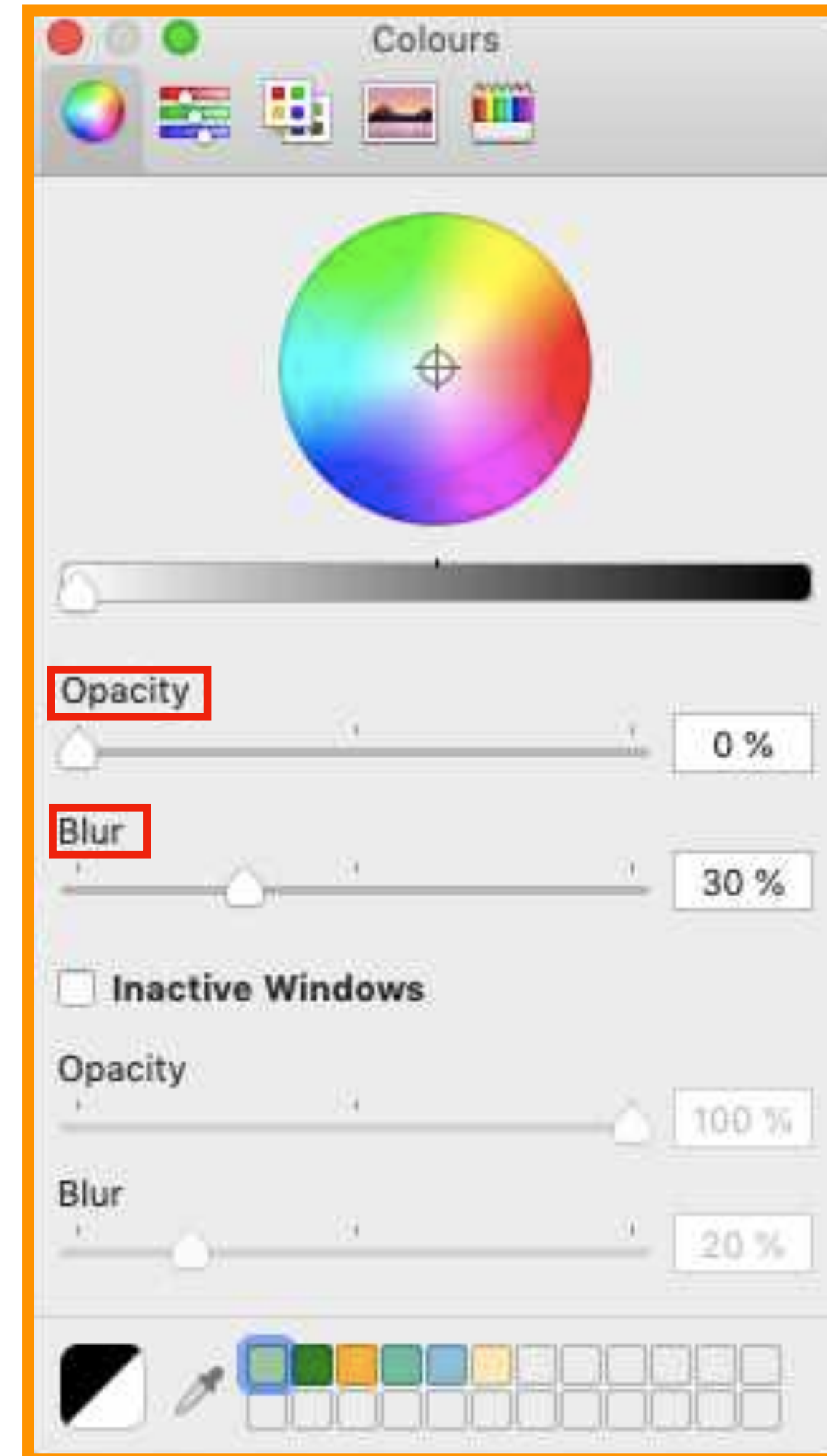
Step 4

- Click on “Colour & Effects”
- An additional menu will pop up. It is the one framed in orange



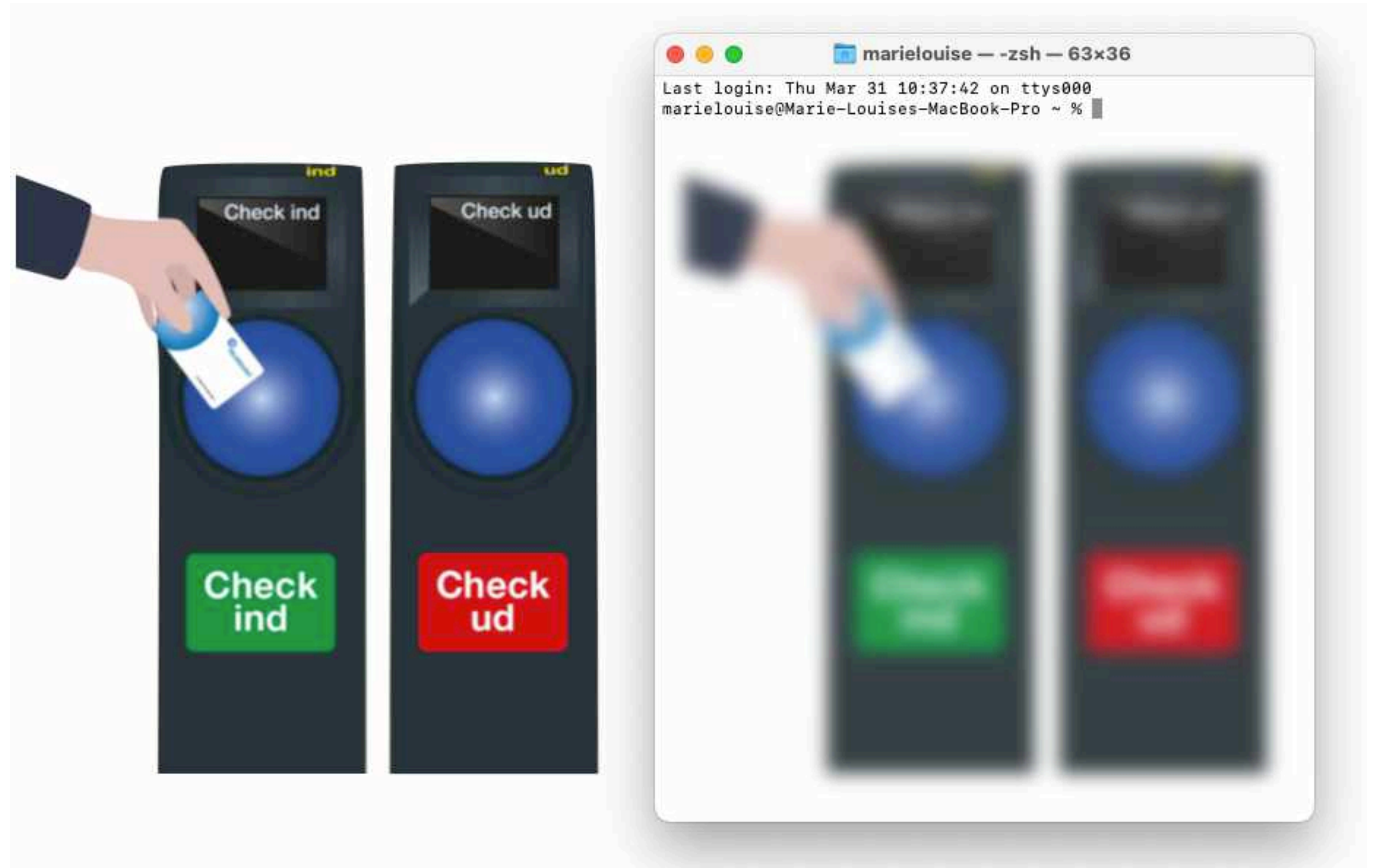
Step 4

- Adjust the Opacity value to 0%
- Adjust the Blur value to 30%



Step 5

- The *Terminal* window will now be blurred and is ready to be use as a filter.
- You can stretch its size and move it around to position it over the items you need to test. Here is how it looks —>
- *Note:* The terminal window cannot remove the colour of your image. To do this, you can use PowerPoint or Photoshop



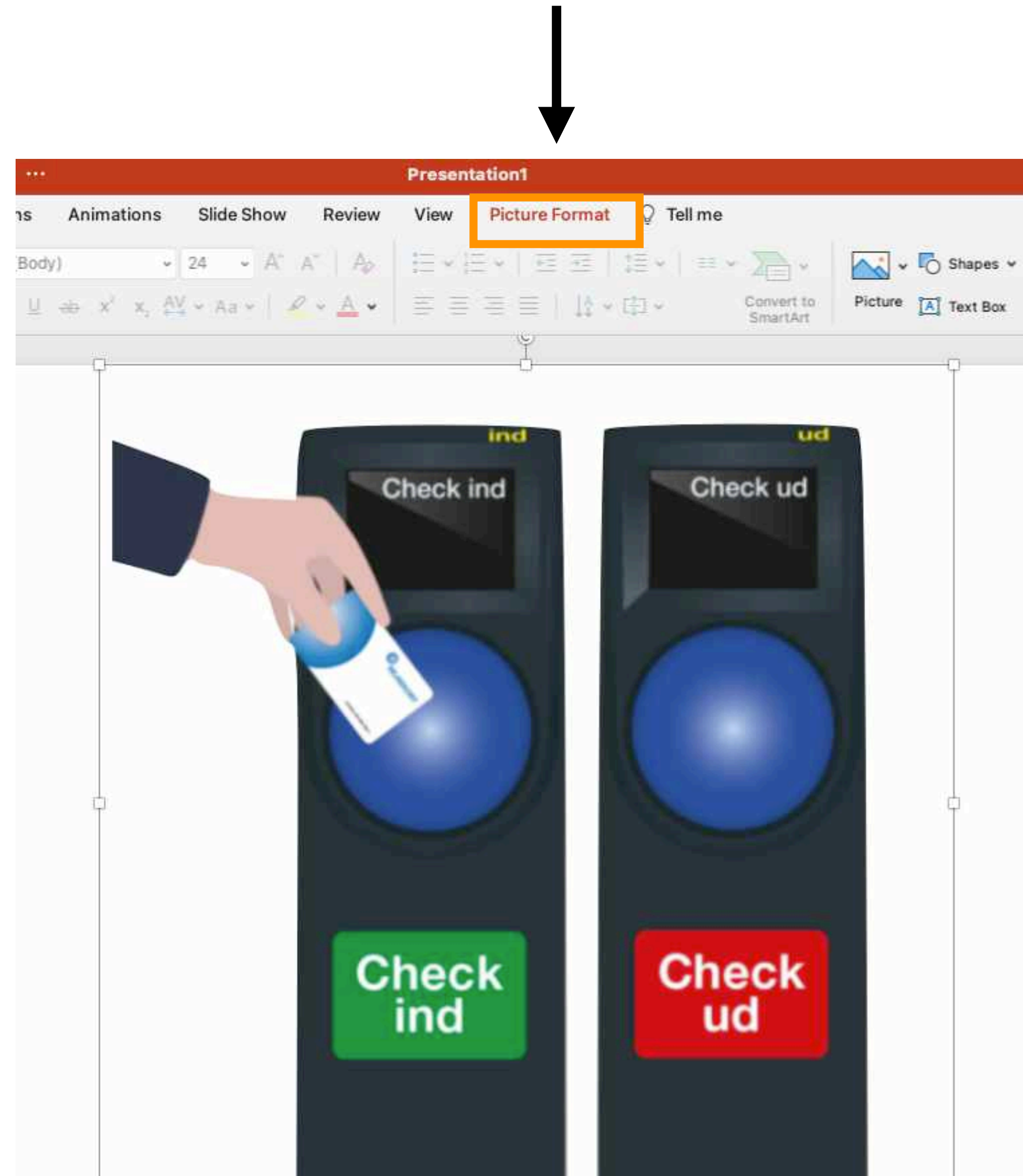
3. A Quick Guide To Use a Gaussian Blur Filter in PowerPoint



Step 1

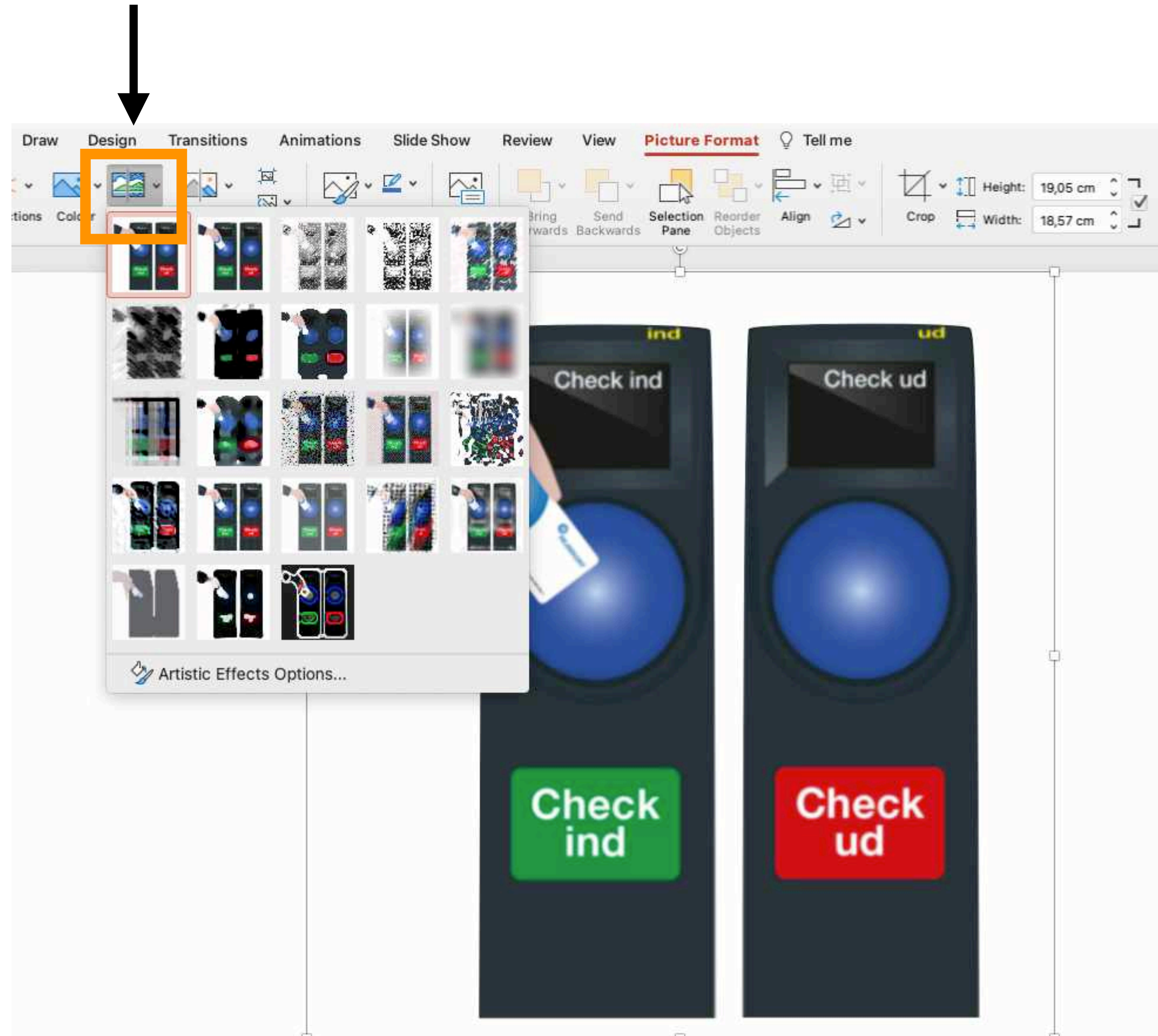
It is easy to apply a Gaussian Blur when using Powerpoint. Just insert an image of your design in PowerPoint.

- Select the image you want to blur and then press *Picture Format* on the menu bar



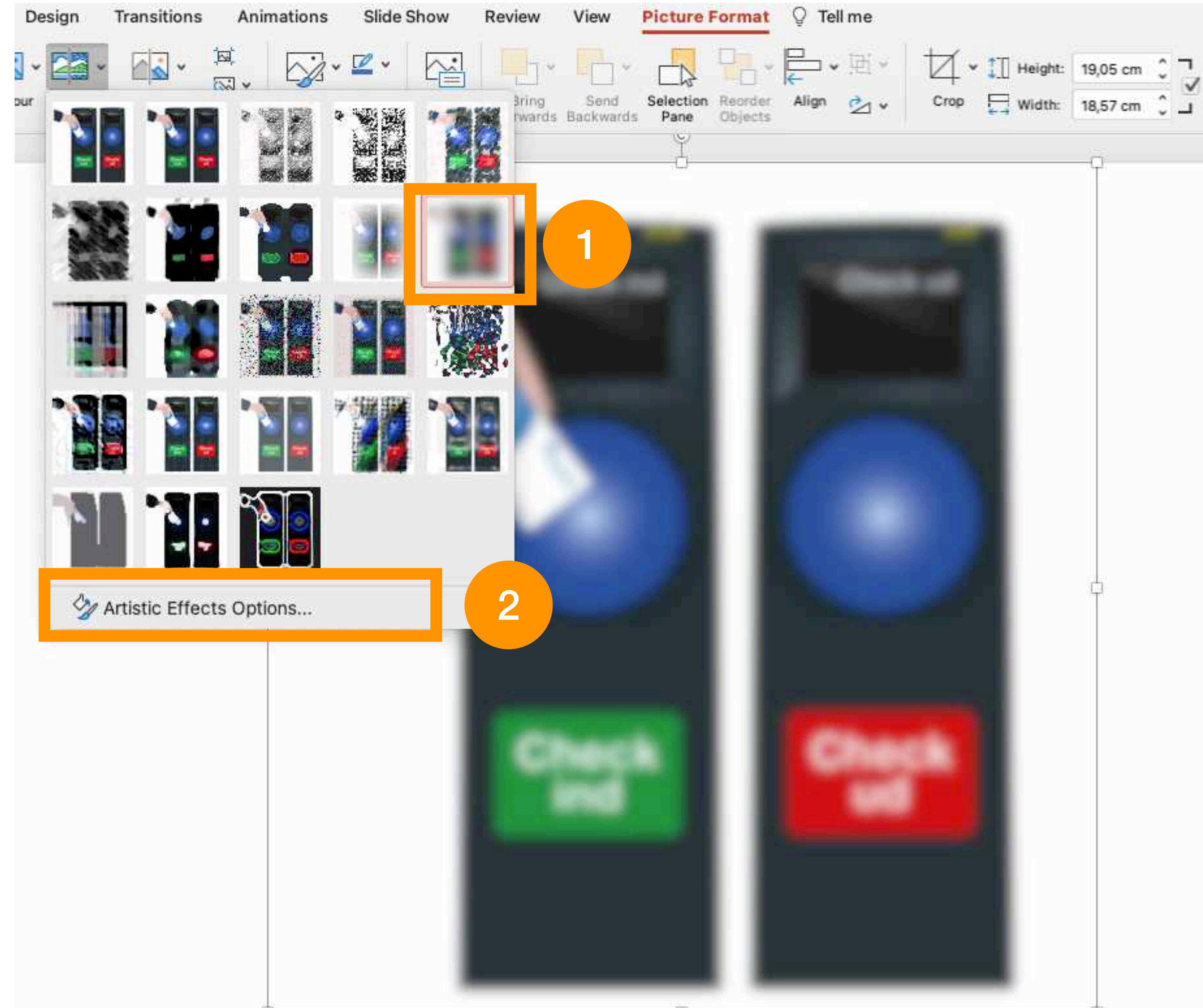
Step 2

- Click on the *Artistic Effects* icon



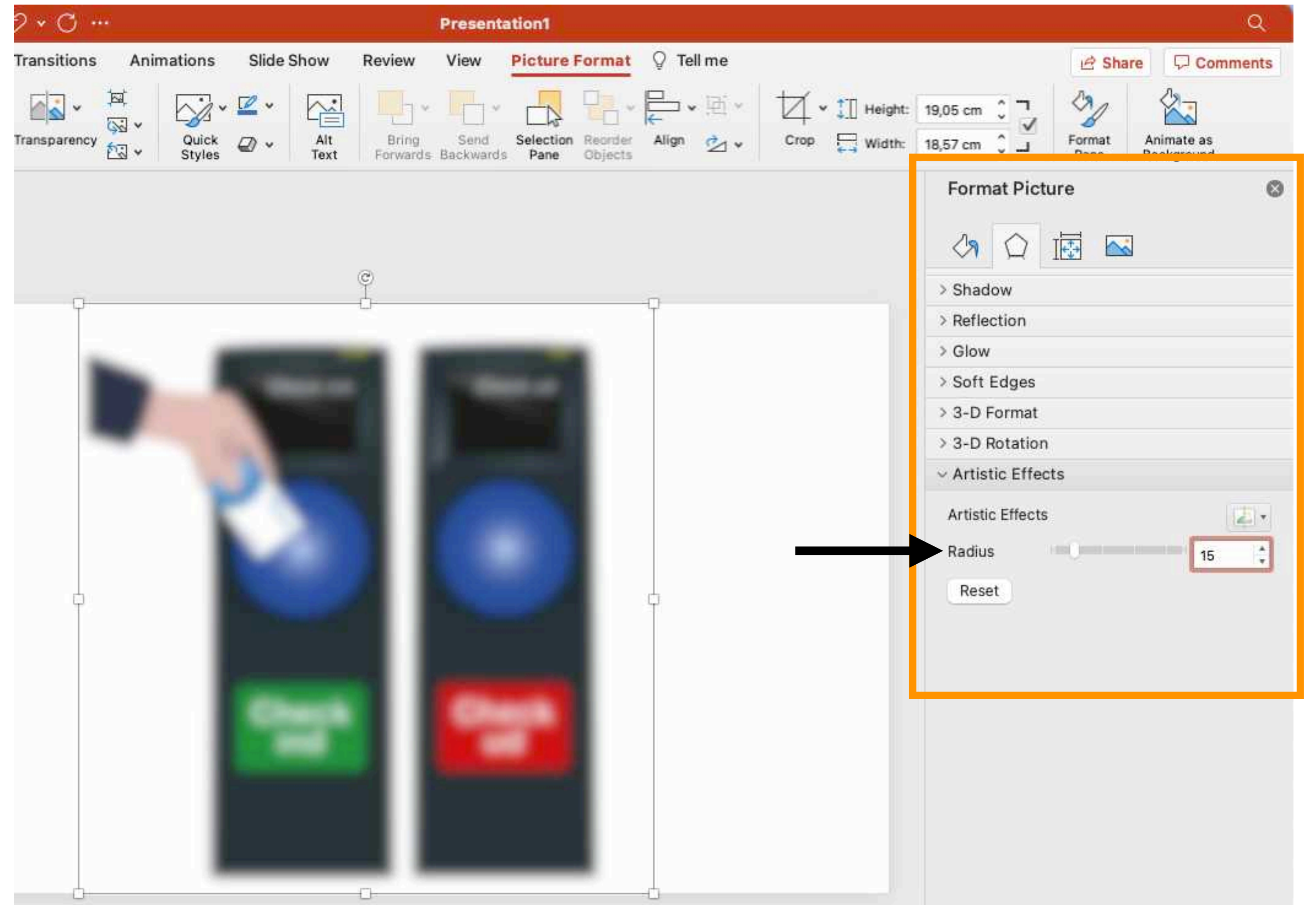
Step 3

- First, select the “Gaussian Blur” effect
- Then, click “Artistic Effects Options”



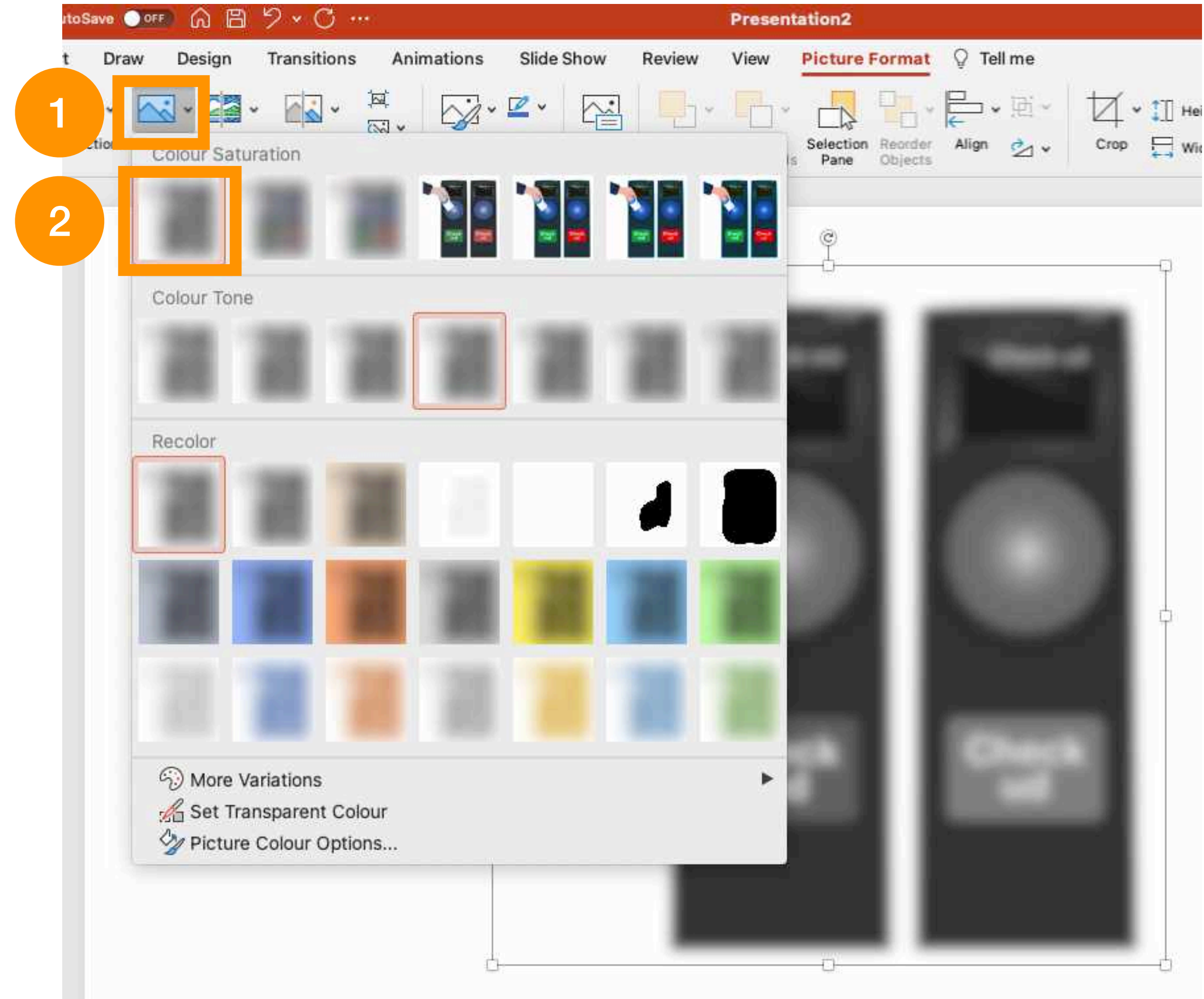
Step 4

- Notice the fold down menu that has appeared. It is the one framed in orange
- Adjust the *Radius* level to 15
- A Gaussian Blur will now be applied to the selected image



Step 5

- If you also want to remove colour from your image, you can quickly do this in PowerPoint as well:
- First, click the *Colour* icon
- Second, click the *Colour Saturation 0%* icon

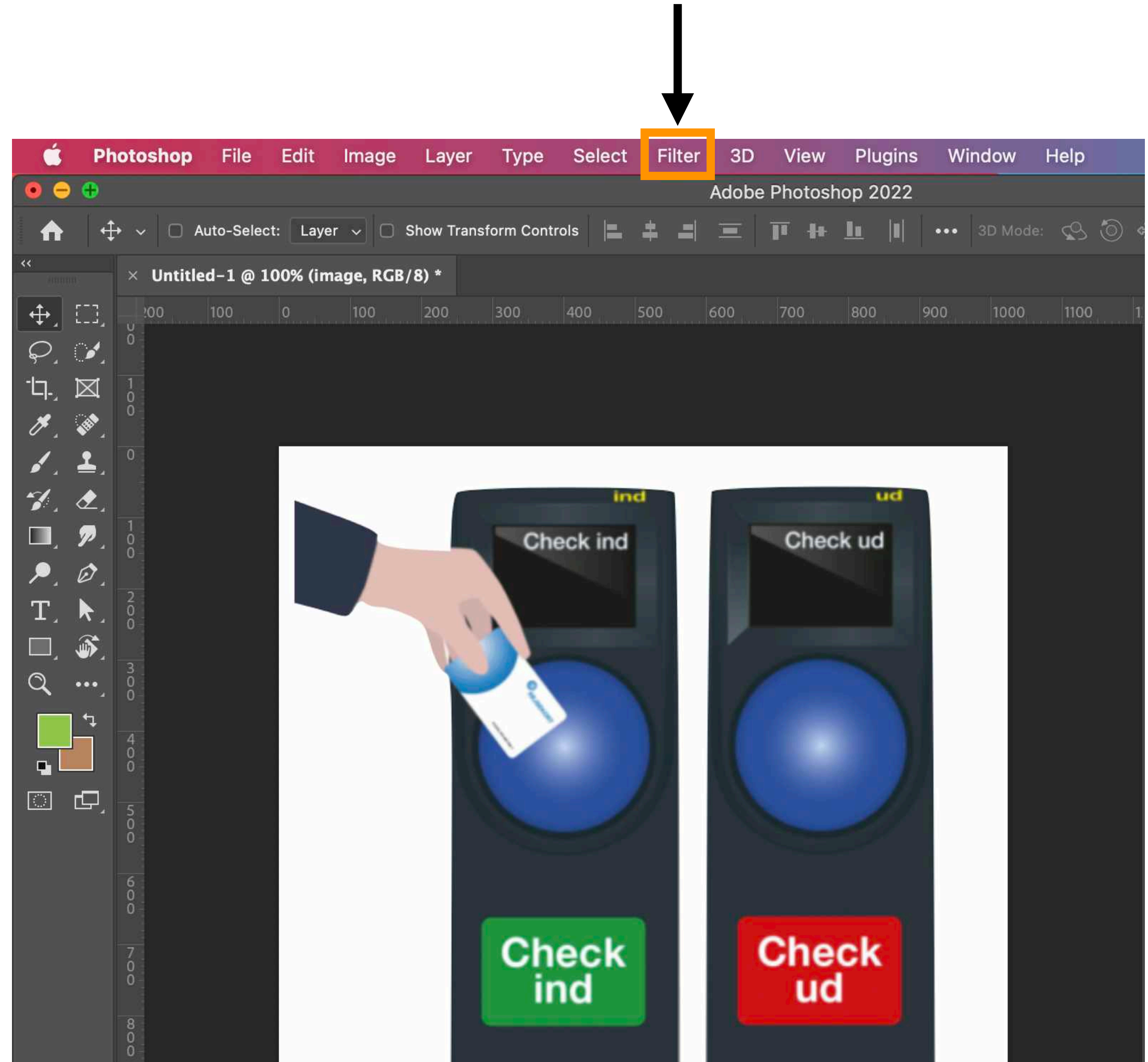


4. A Quick Guide To Use a Gaussian Blur Filter in Photoshop



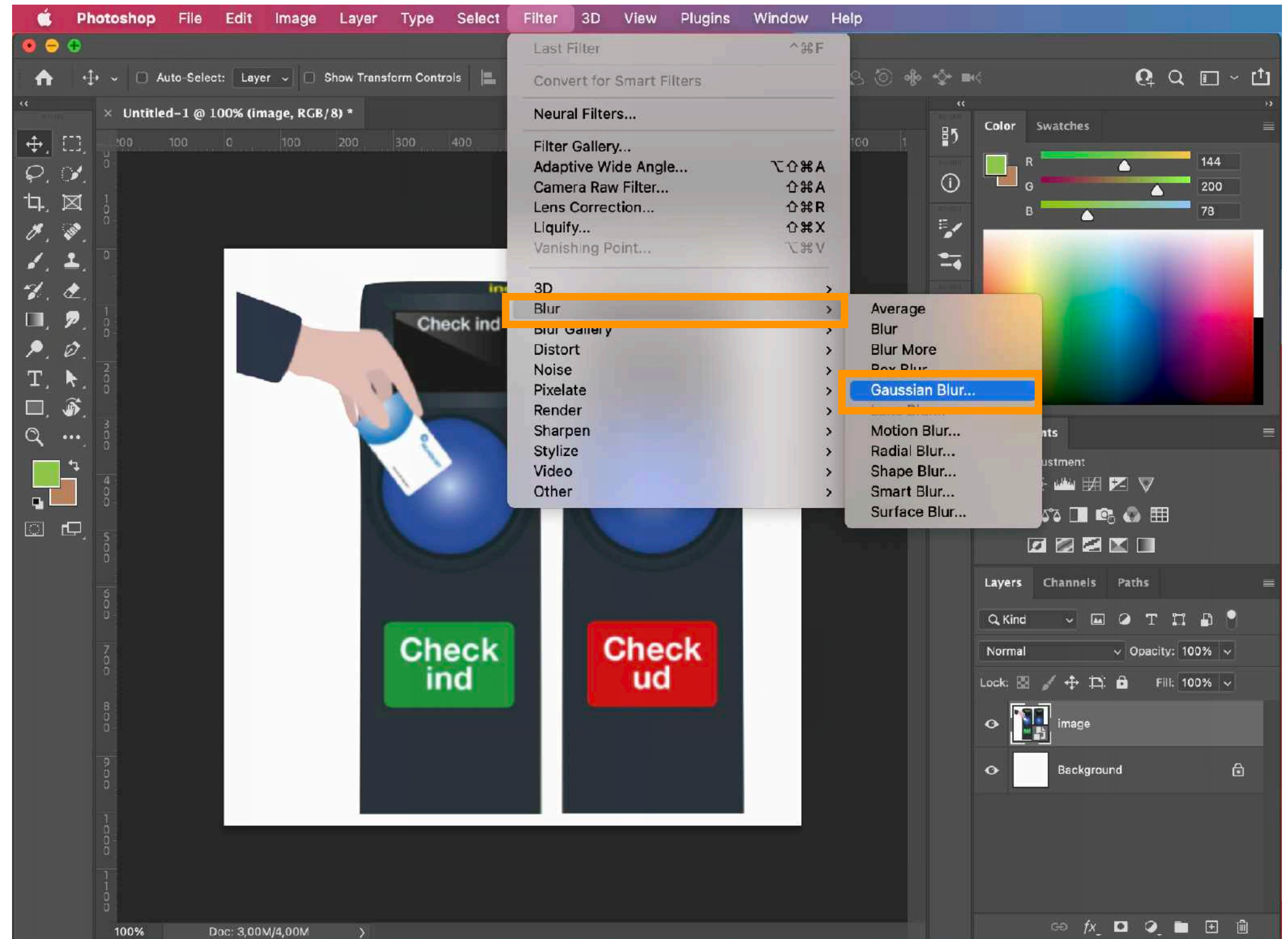
Step 1

- On the menu bar click on *Filter*



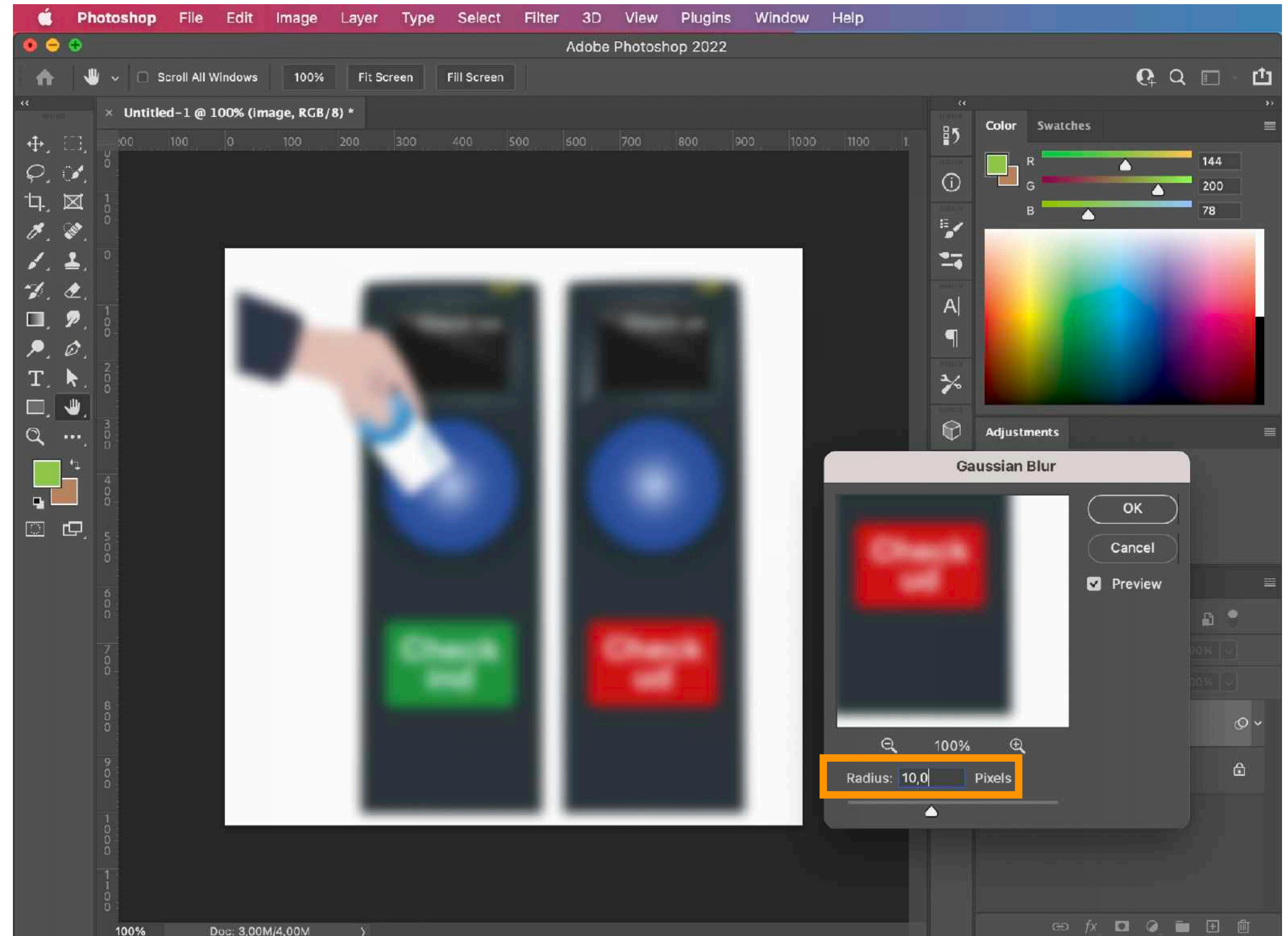
Step 2

- Scroll over *Blur* and a drop-down submenu will appear
- Click on *Gaussian Blur*

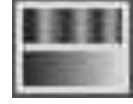


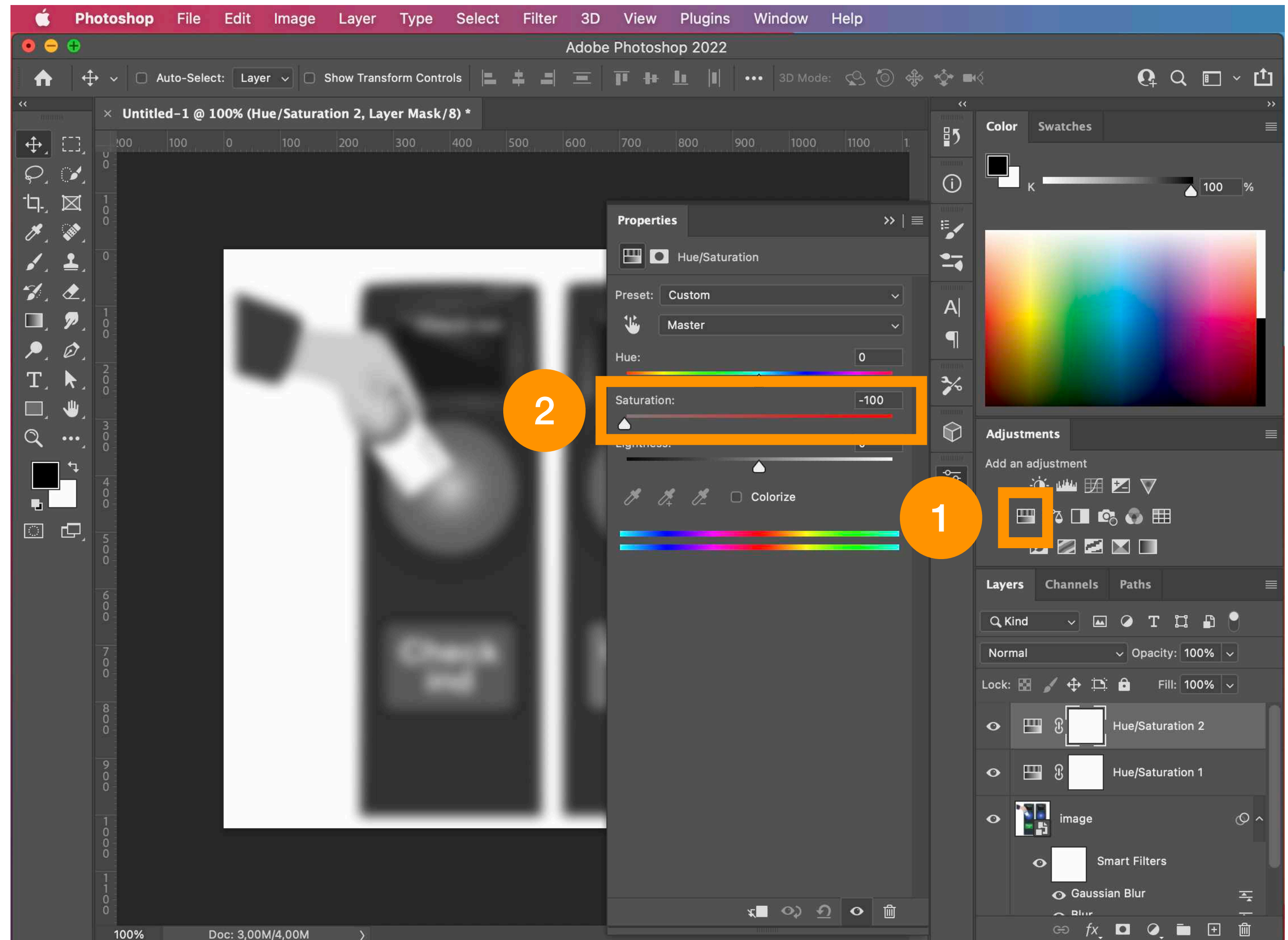
Step 3

- Adjust the pixels to a radius of 10.
- Note, this may depend on your version of Photoshop. In older version of Photoshop, you may need to set a radius of 30.

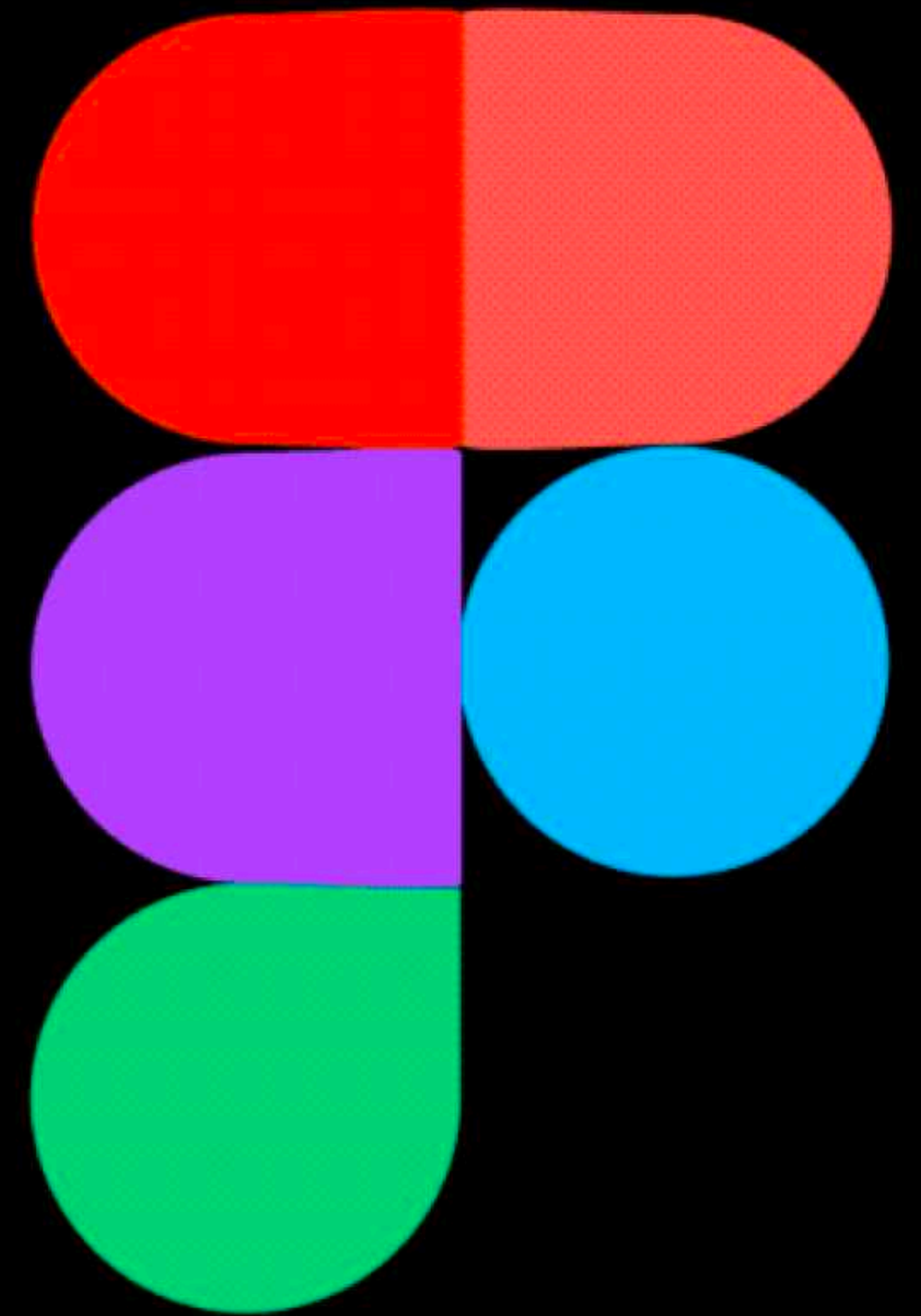


Step 4

- If you also want to remove colour from your image, you can quickly do this in Photoshop as well:
- First, press the Hue/Saturation button under Adjustments 
- Then, set Saturation to -100

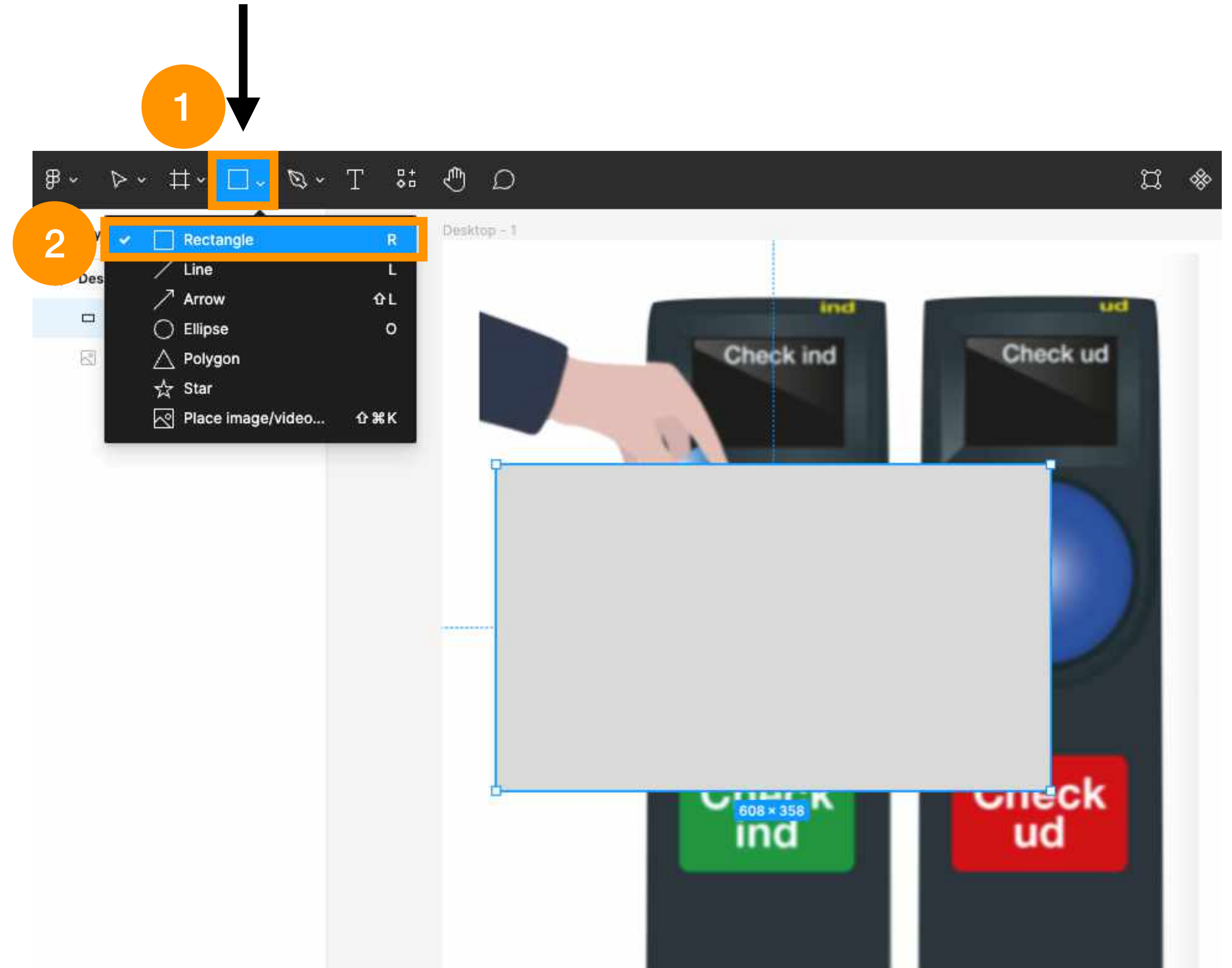


5. A Quick Guide To Use a Gaussian Blur Filter in Figma



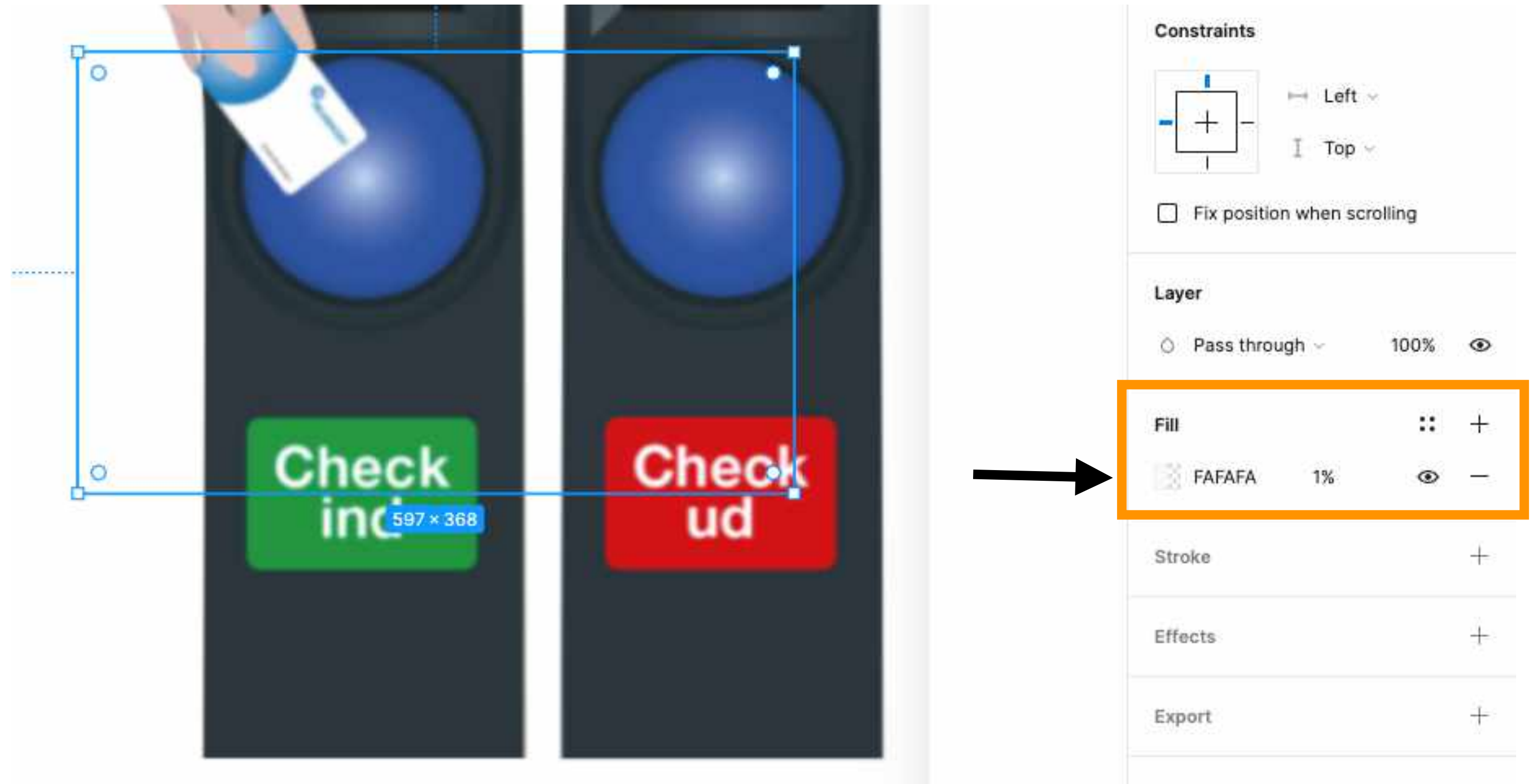
Step 1

- Draw a rectangle by selecting the rectangle tool from top left menu



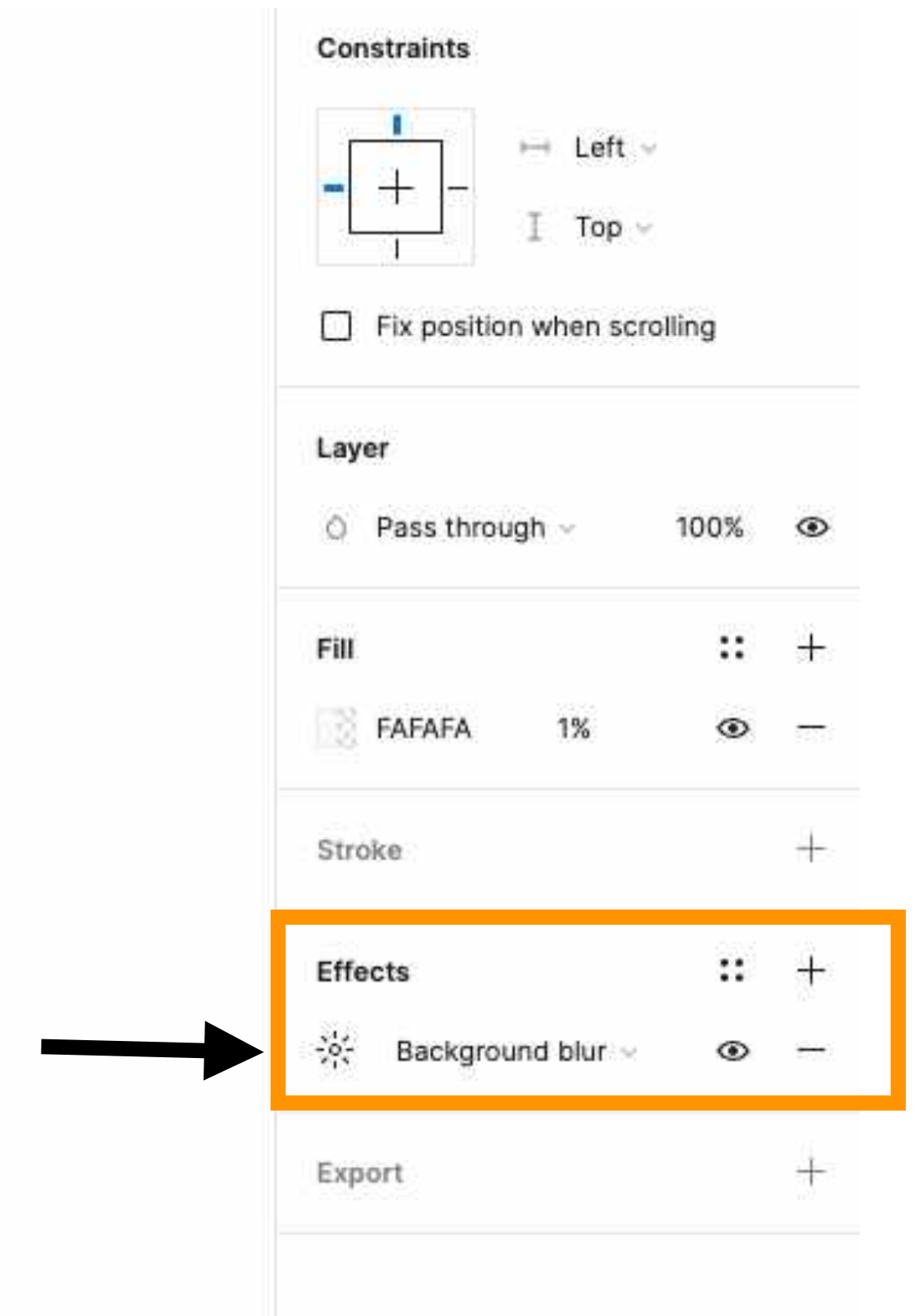
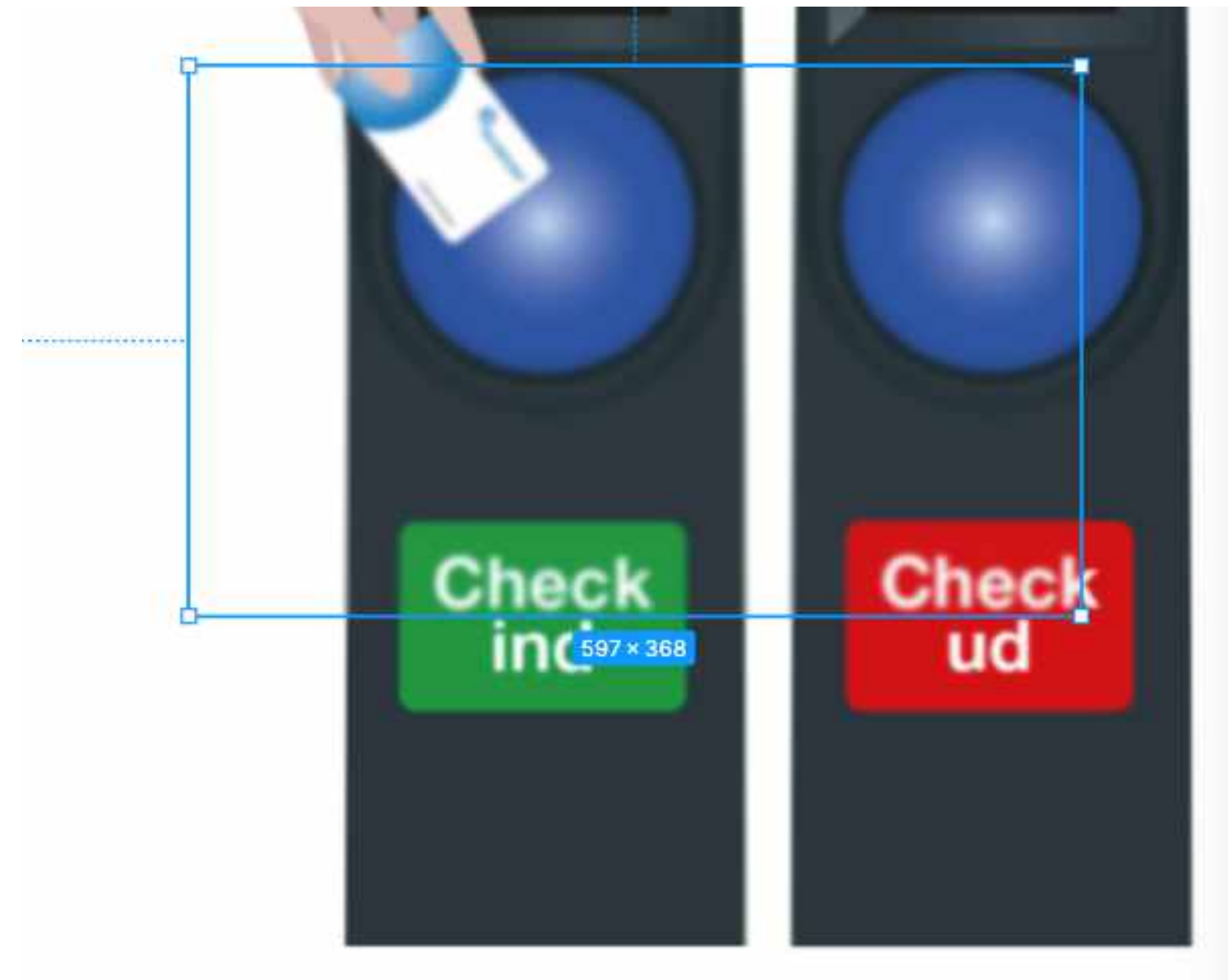
Step 2

- In the panel to the right, under the “Fill” option, set the color of the rectangle to FAFafa (white) and fill opacity to 1%.



Step 3

- Add background blur by expanding "Effects" on left panel, clicking the dropdown, and setting it to "Background Blur"



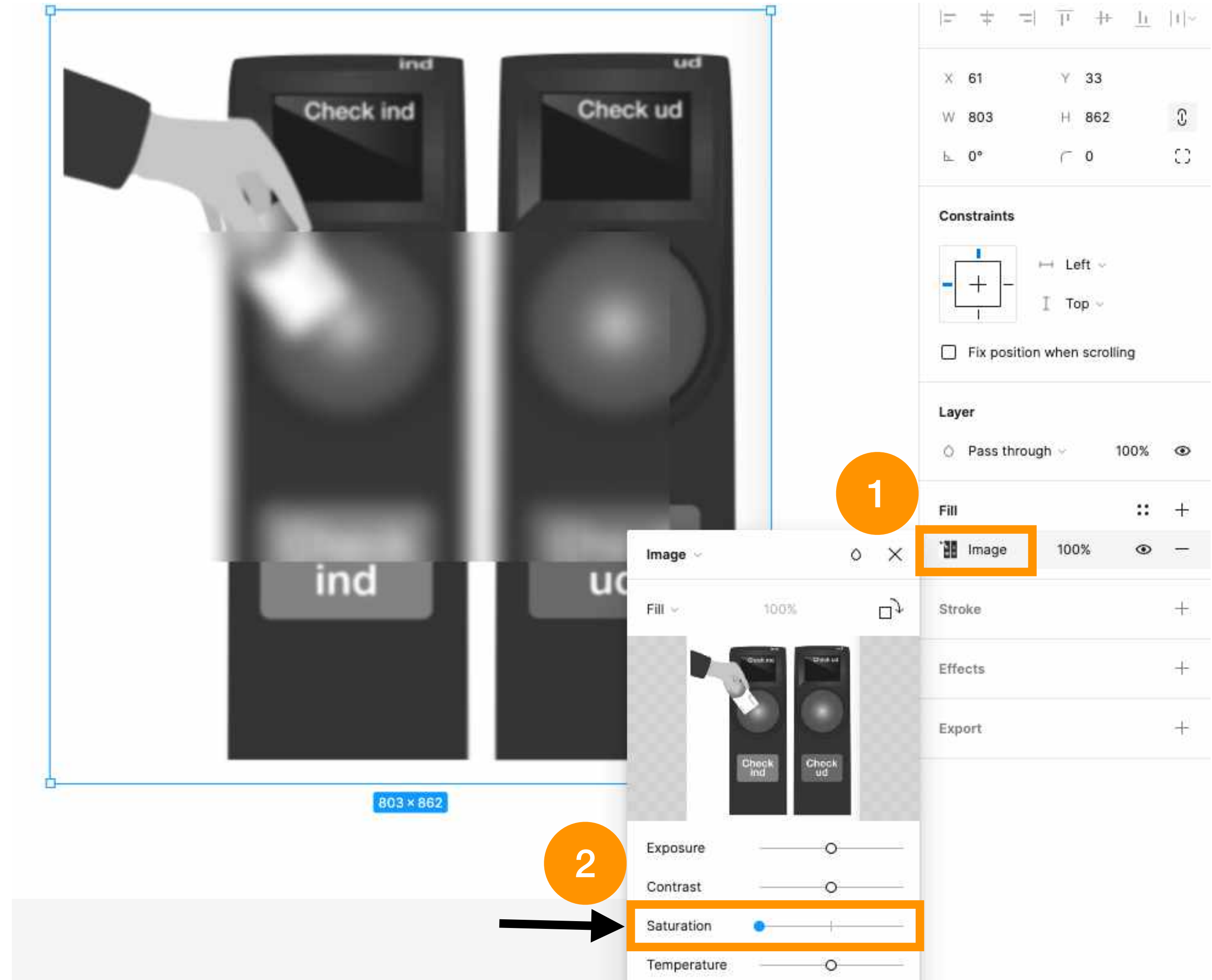
Step 4

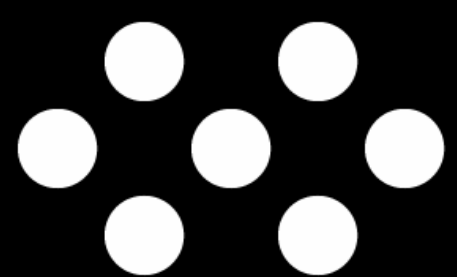
- Click effect icon to open setting and set blur to 25 %
- Now, you have a blurred window that you can move around over your design to apply a live blur filter



Step 5

- If you also want to remove the colours from your image, you can do this by adjusting the saturation slider under the fill settings.
- Read more about blur effect in Figma here: <https://help.figma.com/hc/en-us/articles/360041488473-Apply-shadow-or-blur-effects>





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