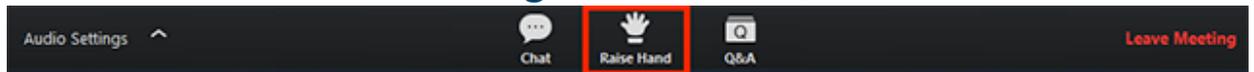1. Click **Raise Hand** in meeting Controls toolbar

2. The meeting hosts will be notified that you've raised your hand.

3. Click **Lower Hand** to lower it if needed.