

How to Avoid Camera Shake

Compiled by Bob Spalding



Almost every picture will be sharper if you use a tripod. However, if this is not possible follow these simple rules.

1. If you can control your camera shutter speed, always set it to 1/60 second or faster.
2. With telephoto lenses you need to use faster speeds as they magnify the subject and any movements you make.
 - a. If you have a lens with a focal length around 100mm, use 1/125 or a shorter lens or use a tripod.
 - b. If your lens is around 200mm, use 1/250 or a short lens or use a tripod.
 - c. For other focal lengths, rely on the rule that you should use speeds faster than 1/focal length.
3. Stand still, legs slightly apart to take your pictures.
4. If possible, lean against something firm to steady yourself.
 - a. Supporting the lens on anything solid is a great idea
5. Hold your elbows in firmly against your forehead.
6. Take a breath, not too deep, and then hold it until you have taken the picture.
7. Squeeze the shutter release smoothly – don't stab at it.
8. Use a faster ISO speed on your camera – however, beware of noise in your photos if it is too fast.