

Tips on 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. Examples:
 - a. If you have a lens with a focal length around 100mm, use 1/125 per second shutter speed or a shorter lens, or use a tripod.
 - b. If your lens is around 200mm, use 1/250 or a shorter 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 body.
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.
9. Raise your left shoulder and brace your left elbow against your rib-cage.
10. Create a Tripod with your knee – rest your elbow on your knee while in a seated position
11. In a seated or kneeling position cradle the camera and lens between your shoulder and wrist.