

Focus & Frame: Beginner Photographer Online Course

ISO

In simple terms ISO refers to the *sensitivity of your camera to available light*. In the old film days the equivalent was called ASA. The higher the ASA the more the film reacted to light.

The camera's sensor is what converts light to electronic data. Rather than changing the actual film or sensor we essentially increase the amount of electricity flowing to the sensor. As we increase the electricity we increase the sensitivity of the sensor.

This means in dark situations we energise the sensor to react with the reduced lighting, and vice versa. The lower the ISO number (eg: 100) the less sensitive it is to the light, the higher the ISO number (eg: 3200) the more sensitive it is.

When there is plenty of light, use the lowest ISO to retain the most amount of detail and to have the highest image quality. You should increase the ISO when there is not enough light.

ISO Settings

100 outside, full sun

200 inside, on a sunny day

400 outside, in the shade on a sunny day

800-1000 inside, not near a window

1600 inside at night, light bulb light source

4000 inside darkened room with light source

10000 inside darkened room with ambient light

(These figures depend on shutter and aperture settings to achieve a well exposed image)



Presented by Jeff Walsh Fine Art Photographer

