

Guide for Steady Camerawork

- + Keep elbows in, supported by your body.
- + Stand comfortable, knees bent.
- + Breathe gently.
- + Look for the sun, windows or source of light – in most cases position yourself so that the subject is front lit. (Be careful of your own shadow). Best is to have your subject in the shadow and light them with bounced light (off a window or light colored wall) – that’s the Hollywood look. Of course, once you are more experienced you can side light or back light but with your light source and camera f-stop exposure always have your subjects well lit.
- + When in doubt, zoom out. It’s much more difficult to shoot in telephoto (than wide angle).
- + In general, make sure the camera is straight. Again, an angled look can be used for effect.
- + For sharpest focus, zoom in on the subject and focus carefully, then zoom out.
- + Make sure you don’t accidentally hit the record button, especially when walking (unless you want to watch shots of your shoes).

At the end of the production day, put all the equipment away ready to shoot again. Make sure battery is charging.