

ISO Sensitivity is a standard set by the International Organization for Standardization (ISO) that represents sensitivity to light as a numerical value. A higher number indicates a higher sensitivity and a greater ability to capture light. The ISO Sensitivity is set and changed in the shooting settings menu.

CHAPTER 08 - ISO

WHAT IS THE BEST ISO FOR PHOTOGRAPHY?

- You should always try to stick to the lowest ISO (base ISO) of your camera, which is typically ISO 100 or 200, whenever you can. If there is plenty of light, you are free to use a low ISO and minimize the appearance of noise as much as possible.



DO ALL CAMERAS HAVE ISO SETTINGS?

- Every camera has a range of ISO values, with the lowest number identified as the base ISO (usually around 100). From there, each ISO value on the scale is typically double the previous one, such as: 100, 200, 400, 800, 1600.
- Some more advanced cameras can use 3200, 6400, 12,800.



DO PHONE CAMERAS HAVE ISO?

- Digital cameras, including smartphones, should be using the term Gain not ISO! All data recorded in your smartphone is actually at the lowest ISO setting (the latest iPhone is 32). For simplicity, let's say it is 100 and you captured an image at an ISO setting of 200



WHAT SHOULD MY ISO BE SET AT?

- ISO 100-200: Best for bright daylight. Results in a crisp image with little grain or noise. Your camera's default ISO base setting will likely be in this range. ISO 200-400: Slightly less ambient light, such as indoors during the daytime or outdoors in the shade



WHAT IS THE BEST ISO FOR A SUNNY DAY?

- According to this sunny day rule, if you're using ISO 100, the shutter speed should be 1/100 and the aperture should be f/16. This rule generally produces the best-exposed front-lit photos on a sunny day.



CAN YOU CHANGE ISO AFTER TAKING A PHOTO?

- You can. ISO on a digital camera is the same as a brightness adjustment post capture, because the ISO of the sensor is fixed -- it's a function of the design and manufacture of the sensor itself. So ISO shifts are done by brightening the image after it's taken.



WHAT DOES HIGH ISO DO TO PHOTOS?

- The higher the ISO rating, the greater the film's ability to capture images taken in low light. High ISO film was called fast film—it required a shorter exposure than a low ISO film. For digital photography, ISO refers to the sensitivity—the signal gain—of the camera's sensor

