

**Advantages and Disadvantages of
Low Medium and High ISO settings
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Low ISO (50-200)

Advantages

The lower ISO will give a far better rendition of the subject and the colours will be more saturated. It can also be used, if desired, to blur the subject.

Disadvantages

The lower ISO will also blur the image, it being hand held, forcing the photographer to use wider and wider apertures and therefore limiting the depth of field. It will force the use of a tri-pod to get a sharp image in lower light situations. It may limit the subjects being taken, ie action shots where the detail is important.

The photographers that use lower ISO settings are Landscape photographers for example, or those that require high quality.

Medium ISO (250-400)

Advantages

Very similar to low ISO settings, the colours are slightly less saturated (but can be compensated in processing). They are versatile settings, in that they offer the ability of getting the shot in most circumstances. They also offer the ability to use more of the aperture range and therefore more of the use of depth of field to get the effect that you are after.

Disadvantages

Very slightly less saturated colours are recorded.

High ISO (500 and up)

Advantages

These settings will allow you to hand hold your camera to get the shot and to freeze the action in low light situations. They can be used to add noise to the camera and is often used when the shot will be converted to black and white.

They are also used to capture sports action, ie a football match in a stadium where flash would be useless with a long lens.

Disadvantages

The colours recorded will be much less saturated and will there will be more noise present in the final image.