Flash Cheat Sheet

Quick rules of thumb to use as starting points

• Flash exposure is controlled by your aperture setting
• Background and ambient exposure is controlled by the shutter speed (note the subject may get brighter if you use a slower shutter speed to lighten the background)
• If your flash exposure is too bright you can: move the flash further away from the subject; OR turn down the power output on the flash; OR adjust your aperture to a smaller opening. Ex. you would go from f2.8 to f4.
• If your flash exposure is too dark (subject is dark) you can: move the flash closer to the subject; turn up the power output on the flash unit; or adjust your settings to a larger aperture. Eg. go from f5.6 to f4.
• If your background is too dark use a slower shutter speed. Note you will want to use a tripod if your shutter speed is longer than 1/ your lens focal length. (eg. if you’re using a 50mm lens if your shutter speed is slower than 1/50th use a tripod)
• If your background is too bright use a faster shutter speed.