

Sussex Astronomy Centre

Holding Binoculars Correctly.

The Wrong Way

99% of people when handed a pair of binoculars would hold them in the obvious way, as shown in the picture. Simply by placing their hands on the sides. Of course it works, but it's not that steady and in long term use will lead to fatigue more quickly.

The Right Way

This picture shows an alternative method. The first fingers and thumbs rest against the face of the observer. This gives much more support and the binoculars are less prone to wobble, especially important with high magnifications models. In addition some of the load is kept off the arms in this stance, making it easier to hold the binoculars for extended periods.

The only downside with this method is that the focus is harder to set. We normally hold them the "wrong" way to adjust the focus then change position. After all, you don't need to adjust the focus more than once per session.



The wrong way! Unstable due to lack of support.



The right way. Steady observation and good support.