



NURSING WEEK 2025

Photo Cheat Sheet

***IMPORTANT:** Before taking photos, you must get permission from all subjects, including members, the public and other staff. Advise them how you will use or share the photos and make sure they consent.*

Share your photos on social media using the hashtag **#NursingWeek**. Don't forget to tag us: **@ontarionurses** on Facebook and **@ontario.nurses** on Instagram. You can also submit your photos directly via email to **digital@ona.org**. Please identify the individual(s) and event in your photo, e.g., if it's an ONA member, the Local and/or Bargaining Unit, and the date, location and description of the event.

10 Tips for Taking Great Photos

1. **Fill the frame:** Generally, the subject(s) should take up most of the photo. Don't be afraid to get up close!
2. **Snap a story:** Document relevant moments in a way that conveys a narrative and provides meaning to the viewer.
3. **Act on action:** Don't just take pictures of people standing still. Show them in an animated way, engaging with each other and participating in the event. Avoid taking pictures of people eating or drinking as they can be awkward or unflattering!
4. **The more the merrier:** Take as many photos as you can! You're more likely to come up with a good shot, and it's good practice.
5. **Be intentional:** Try not to get things like branches or signposts coming out of the tops of people's heads. If you're taking photos in a workplace, make sure no patient information or identifying signage can be seen in the background.

6. **Cut off doesn't cut it:** Don't cut off people's heads when you're taking a group photo. And try not to take pictures from behind your subjects so that all you see are the backs of their heads.
7. **Consider colour:** When possible, aim to capture hues that complement one another for an effortlessly engaging photo.
8. **Use the rule of thirds:** A fool-proof way to take a great photo is to visually separate the subject into three parts, the left, right and center.
9. **Experiment with space and levels:** Your pictures will likely be boring if they all look the same. To add some spice, think of how the position of the lens affects the overall photo. For example, can you capture an individual in the foreground, an object in the midground, while providing context with the background? What if you get closer to the ground and then take the shot? How does this change the composition? *This is an advanced technique, so don't worry if you can't get the hang of it. Remember, practice makes perfect!*
10. **Diversify and have fun:** Mix up your photos by combining different techniques together. Don't be afraid of trying new things, playing around is part of the magic!