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Translated via Google from this page.

A Step-by-Step Olympus Pen F Exposure Meter (Light Meter) Manual



I.Shoot.OM

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A few days ago, I was lucky enough to win a huge Olympus Pen F kit at auction. Those who read [my first article](#) about Maitani will know that I've always wanted to own a Pen F...

And then that day arrived!!



Olympus Pen F Exposure Meter

The kit includes a Pen F Exposure Meter (or what many people might call a Pen F Light Meter). The thing is...

...

I don't know how to use it orz...

But that's not a problem. We have Google! Just search. But we searched on the first day... and the second day...

I still haven't found it...

I've come to accept it, thinking I'll just wear it for style. But deep down, I still hope to find a way to use it someday...

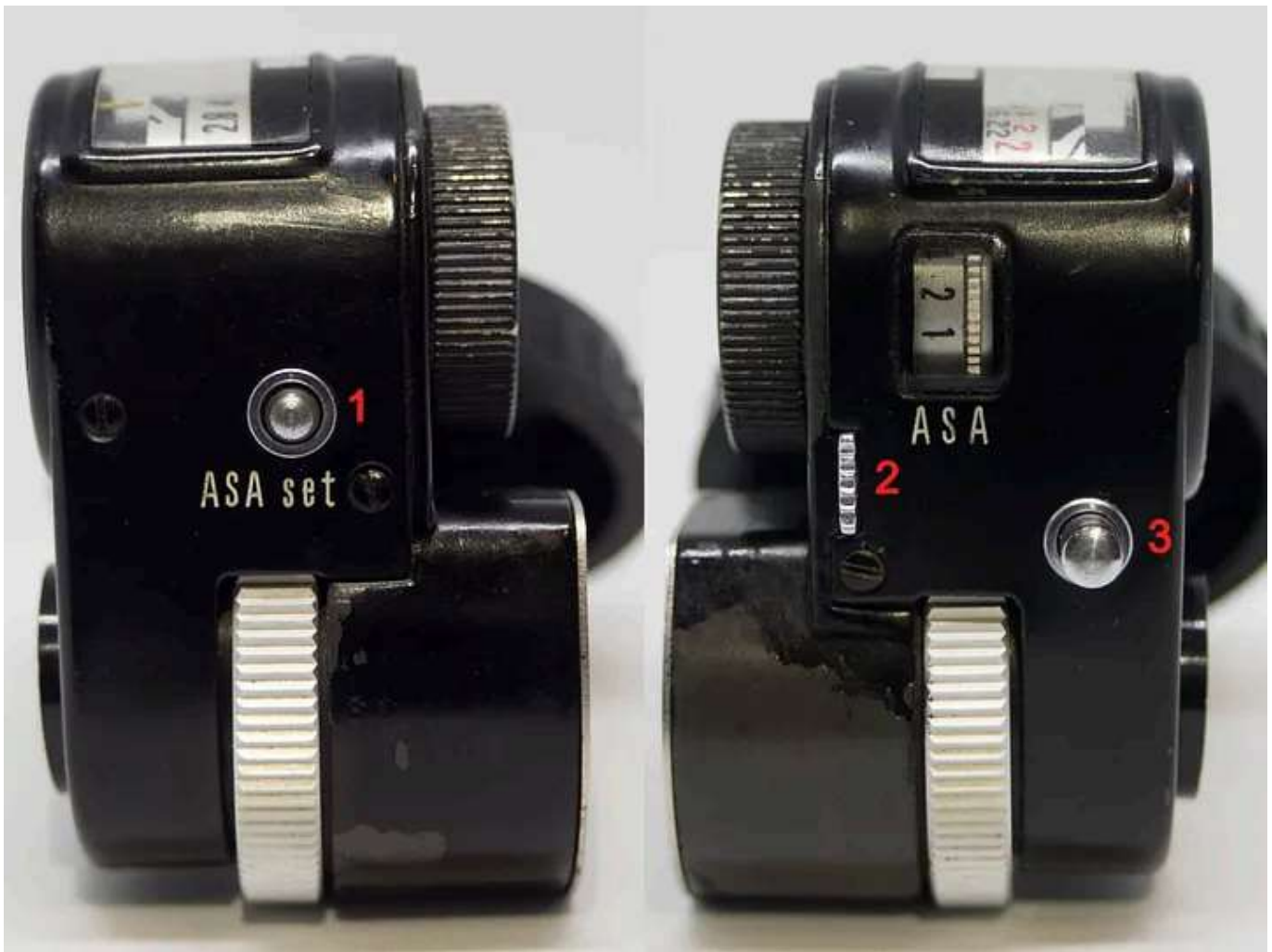
This morning, for some reason, I searched on Facebook and stumbled upon it! It's a [Google Docs link](#) shared by [a camera sales page](#) two years ago (Oh my god!!).

So what are we waiting for?! I quickly read and translated it for you all to read. (For those who want to read the original, I'll link it at the end of the article.)

Before we move on to calibrating the meter for use, let's get to know the meter a little better. Starting with...

button s

Why the 's'? Because there are multiple buttons!! Okay... let's look at the image below first.



The left side of the meter (left). The right side of the meter (right).

Each button has the following function:

1. *ASA Setting Button* : Used to adjust the ASA (or ISO) of the meter. Press this button while rotating the silver gear (*Exposure Dial*) at the bottom until the ASA number aligns with the red line in the ASA Window (this isn't shown in the photo, but a picture will be provided in the explanation below. My apologies for the inconvenience).
2. *Lock Button* : Used when removing the meter from the camera. Press the button and twist the meter in the opposite direction to when attaching it (imagine removing a lens from its mount).
3. *Low-Light Button* : Used when metering in low-light conditions.

So when should I use it? Allow me to use content from [a Pantip review thread](#) to help explain this point.

The F-stop display shows black numbers on the left, ranging from 1.4 to 22, superimposed on red numbers on the right, also ranging from 1.4 to 22. To use it, first set your desired shutter speed. Then, observe the lighting conditions. If you're outdoors, look at the black numbers on the left; adjust the F-stop to the corresponding number. If you're indoors in low light (like a dimly lit restaurant in a mall), press the "Low Light" button on the right of the light meter. The needle will then move into the red F-stop zone. (Another way to tell if it's dark enough to use the red zone is if the light isn't very bright, but the needle is unusually narrow in the black F-stop zone.)

like that..

By the way, what do those red and black numbers look like...?



The Exposure Window is located at the top of the Olympus Pen F Exposure Meter.

The image above shows a top view of the meter. You can see two numerical bars.

The top bar indicates the f-number, or aperture, which should be used, indicated by the yellow lines.

The bottom bar is the shutter speed, adjusted by rotating the exposure dial left or right as needed. When attached to the camera, the adjustment made on the meter will also affect the camera's shutter speed.

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That's a basic overview of the components. Next, we'll look at how to use the meter!

1. Before we can use the meter, we need to insert the battery. So, first unscrew the battery *housing* cover on the back counterclockwise, then insert the PX625 (1.3V) battery with the positive terminal facing upwards, and close the cover. Note that there is a small nudge in the bottom opening (located in the lower left corner of the bottom circle in the image, around the 7 o'clock position). This nudge will affect how the meter is attached to the camera.



The Pen F Exposure Meter after removing the battery cover (the right cover isn't included, lol).

2. Adjust the ASA (or ISO) setting on the meter to match the film you will be using. Press the ASA Setting button and rotate the silver Exposure Dial at the bottom until the red mark on the right aligns with the black mark of your desired ASA, then release. If rotating it all the way to the left or right doesn't make the mark appear, press the ASA Set button and rotate the dial until the shutter speed (at the top) is set to 1. Then release the button and rotate the dial back to shutter speed 500 and check if the red mark appears. If not, repeat the process until it's hidden somewhere.



Align the red line on the right with the black line of the ASA number of the film you will be using (this adjustment is slightly off).

3. Now we're ready to attach it to the camera. The method for attaching it is from the same [Pantip review](#) as above, haha. They said that...

*How to set it to Shutter Speed: We've tried many different methods, each with its own approach. Our method is to first set the camera's Shutter Speed to 125, then adjust the Shutter Speed on the light meter to match, also set to 125. Assuming you're wearing the camera around your neck, with the camera facing outwards, tilt the light meter to your right and insert it into the camera's Shutter Speed setting. ****Caution:**** Lock the Shutter Speed dial on the light meter with your finger to prevent it from accidentally shifting. Twist it upwards. Notice that the Shutter Speed on the light meter is still set to 125. Check if it clicks into place. If it doesn't, it will be loose and unusable. This step is crucial; otherwise, all your shots will have incorrect Shutter Speed settings. What a disaster!*

Okay... let me show you a step-by-step diagram.

** Additional information regarding attaching a multimeter to the camera: In addition to the method described below on Pantip, there is an easier method that doesn't require synchronized shutter speeds on the multimeter and camera from the start. The multimeter attachment process is divided into two steps:*

- 1. Rotate the multimeter until it locks into place. To check if it's locked, look for the lock button slightly protruding.*
- 2. Rotate the exposure dial on the multimeter until you hear a click. This indicates that the multimeter's shutter speed matches the camera's.*

*(Thanks to Tommy for this advice.) **



Set the shutter speed on the meter to 125 (you can actually set it to other values, except B).



Adjust the shutter speed on the camera to 125 as well. *Note the groove on the top; this is used to lock the light meter securely to the camera body. Also, observe the shutter speed adjustment dial at speed = B; there's a groove there too. If you synchronize the camera's shutter speed and the light meter's speed, the groove at speed B will align perfectly with the light meter's locking mechanism.* (Thanks to Natdanai for the guidance.)



When inserting, place it at the 10 o'clock position like this. (When actually inserting, be careful not to let the Exposure Dial slide; you need to use another finger to lock it in place.)



Rotate the meter clockwise to the 12 o'clock position. If inserted correctly, you will hear a "click" and the meter will lock into the camera body.



Ta-da! Done!

Done!! It wasn't as difficult as I thought. Haha. If anyone has any questions or encounters any problems, feel free to ask. I'll try to find the answers for you.

Now, I'll excuse myself to work on my OM articles (I have quite a few piled up -3-). I hope everyone enjoys using their Olympus cameras :)

The Original Olympus Pen F Exposure Meter Manual

(Thanks, *Natdanai*, for the clear and easy-to-read .pdf file.)

OLYMPUS "PEN F" EXPOSURE METER

The Olympus "Pen F" Exposure meter is a dual-range CdS meter, designed for use with the "Pen F" Camera or any other camera. It couples directly with the shutter speed dial of the "Pen F", when clipped onto the camera. It may be hand-held for readings with other cameras.

■ **BAYONET-TYPE MOUNT:** Meter clips directly on the shutter speed dial of the "Pen F", and couples at all speeds.

■ **DUAL-RANGES:** At ASA 100 (Low: LV 3 to 10)
(High: LV 10 to 17)

■ **CdS BATTERY:** Uses Mercury Battery

■ **SHUTTER SPEED RANGE:** 1, 2, 3, 4, 8, 15, 30, 60, 125, 250, 500

■ **LENS APERTURE RANGE:** 1.4, 2, 2.8, 4, 5.6, 8, 11, 16, 22

■ **ASA FILM SPEED RANGE:** ASA 6, 10, 16, 25, 32, 40, 50, 64, 80, 100, 160, 200, 400, 800.



HOW TO USE:



1. Remove the cap from the battery housing, by turning it in a counter-clockwise direction. Place battery inside housing, with positive side facing out. Replace cap.

2. Set the meter for film speed being used. Rotate the Exposure Dial until the red index mark appears in the ASA Window. If the red index mark doesn't

appear, even when the Exposure Dial is rotated fully from one end of the scale to the other, rotate the Exposure Dial until the 1 sec. exposure setting appears in the Exposure Window. Depress the ASA Setting Button, and rotate the Exposure Dial to its opposite position (until the 500, or 1/500 sec., setting appears in the Exposure Window). Then, releasing the ASA Setting Button once again, rotate the Exposure Dial in the opposite direction, watching for the red index to appear in the Exposure Window. If the red index mark hasn't appeared by the end of the Exposure Dial range, you will have to repeat the above operation.

3. Set the ASA exposure index of the film used opposite the red index mark, by rotating the Exposure Dial while depressing the ASA Setting Button, and releasing the button when the correct ASA number matches up with the red index mark. You are now set for the film you are using, at all exposure settings and the red mark can then be ignored until you use another film with different ASA film speed.

HOW TO ATTACH THE METER TO YOUR PEN F CAMERA :



Set the Shutter Speed Dial of the Pen F camera at any shutter speed between 1 and 1/500 sec., but not at the "B" or in-between settings. Hold the camera in the left hand, and grasp the meter sideways in such manner as to have the ASA Setting Button on top (see illustration). Insert the meter carefully into the shutter speed dial of the camera, and turn the meter in a clockwise direction until the meter clicks into position after a 90° turn (see illustration). Rotate the Exposure Dial in either direction until a 'click' is heard. This means that the claw of the meter is properly coupled with the shutter speed dial. Now the Exposure Meter Dial will rotate with click stops and you can hear and feel the click stops of the shutter speed dial.

To remove the meter, depress the lock button of the meter, then turn the meter in a counterclockwise direction to 90°. The meter is removed by lifting it away from the Shutter Speed Dial of the camera.

HOW TO SET CORRECT EXPOSURE :



There are two methods for setting correct exposures. You may pre-select the desired shutter speed, and then set the aperture; or you may pre-select the desired aperture and then set the appropriate shutter speed. Both methods are described below. In either case, the camera and meter should be pointed at the subject, to read reflected light. Readings should be made on the black scale, unless there is insufficient light for a deflection of the Exposure Needle in the Exposure Window. If this

is the case, depress the Low Light Button, and make your reading on the red scale. This applies to either of these two methods of exposure selection:

- 1. PRE-SELECTED SHUTTER SPEED :** Set the desired shutter speed number at the red mark in the Exposure Window, by rotating the Exposure Dial. Read the necessary lens aperture shown by the Exposure Needle. Set the lens aperture by rotating the lens aperture ring on the lens.
- 2. PRE-SELECTED LENS APERTURE :** After setting the desired lens aperture on the camera lens, rotate the Exposure Dial until the corresponding number meets the Exposure Needle in the Exposure Window. This shows the shutter speed automatically set alongside the red mark in the Exposure Window.

CAUTION :

- 1. DO NOT** mount the meter before setting the shutter speed dial of the camera. Be sure to set the shutter speed dial at any speed of 1—1/500 sec. The meter cannot be set properly with the shutter dial set at "B" or between shutter speeds.
- 2. DO NOT** leave the meter in a bright light without putting the cap on the light window.
- 3. DO NOT** leave any fingerprint(s) inside the battery cell, or expose the meter to water.
- 4. DO NOT** drop the meter or leave it near a radio or anything highly magnetic.
- 5. DO NOT** leave the mercury battery in the cell when the meter is not in use for a considerable length of time. Instead, remove the mercury battery and keep it in a dry place.

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Written by I.Shoot.OM

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“Just grab a camera and take a shot.” A film camera beginner who loves the Olympus OM System. #IShootOM
