This document has been put together to try to make the process of putting images in your journal a little bit easier; it includes some quick checks you can do to ascertain if images are big enough to use.

To have sharp and clear images in your journal we need the images to be 300 dpi (300 dots per inch): this is standard across all book and journal printing. Low-resolution images print fuzzy, jagged and blurry. As well as the images being 300 dpi, we need the size of the image to be roughly the size you want it shown in your journal (i.e. full/half/quarter page).

Most computer monitors generally have a display setting of 72 dpi. If we indicate that some of your images are low resolution, they may not look bad on your monitor but will likely print blurry, so please follow this guide to determine if the images are technically large enough to use. If you don't have Adobe Photoshop or another photo-editing programme we understand it is difficult to work out the size of the image, this is why this guide provides short cuts to making such calculations, on both Macs and PCs.

I hope this helps, please be aware this is just a guide and if you continue to experience problems please don’t hesitate to contact your journal manager.

Thanks

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How to find out the pixel size of the image: On a Mac

1. Highlight image file
2. Hold down Ctrl and click on selected image
3. Select ‘Get Info’ in drop-down menu
4. Select ‘More Info’
5. Look at dimensions – these are displayed in **pixels**
6. Refer to chart on final page to see if it is big enough
7. If the image is too small to use, you need to obtain a better quality image or choose another image for the article
How to find out the pixel size of the image: On a PC

1. Right click on the image
2. At the bottom of the drop-down menu click ‘Properties’
3. On the top tab of properties click ‘Details’
4. Scroll down to ‘Image’
5. You will see dimensions displayed in pixels and dpi
6. Refer to chart on final page to see if it is big enough
7. If the image is too small to use, you need to obtain a better quality image or choose another image for the article
Image sizes

### Portrait images

**FULL PAGE:**
**2055 x 2882 pixels** (minimum size needed)  
(174x 244 mm @ 300dpi)

**HALF PAGE:**
**1441 x 2055 pixels** (minimum size needed)  
(122 x 174 mm @ 300dpi)

**QUARTER PAGE:**
**1031 x 1441 pixels** (minimum size needed)  
(87.25 x 122 mm @ 300dpi)

### Landscape images

**HALF PAGE:**
**2055 x 1441 pixels** (minimum size needed)  
(174 x 122 mm @ 300dpi)

**QUARTER PAGE:**
**1441 x 1031 pixels** (minimum size needed)  
(122 x 87.25mm @ 300dpi)