



Making a low cost light stand for Photography

Looking for a low-cost light stand to use for photos? This guide will show you how to reuse an old standing lamp to create one.

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INTRODUCTION

If you need a light stand for photos, this guide will show you how to take a standing lamp to convert a broken standing lamp by removing the lamp components. While I am using a common Mainstays lamp for this guide, there may be variations in lamps from different stores/brands. These are usually minor. It does not impact the guide, but may change how certain components are removed. This guide will also help you identify reusable components for other projects.

Read me: While this is not the best stand you can get and may require modificiation, these lamps are usually free or inexpensive for used ones. This can be advantageous if you are willing to disassemble one to eliminate redundant components.

Guide notes

- ***Use common sense during the cord and socket removal procedure. Death or injury may occur if you make a mistake, as you are handing 120-240V AC!***
- Make sure you use a lamp that you are certain you do not plan on reassembling or use a damaged one. ***Reversal may be impractical if modifications are made.***
- ***If possible, use a lamp with a problem like broken parts like the one in the guide shown.***
The socket guard was cracked and supported with electrical tape until it was pulled out of service. These are the best candidate for this type of project, as these parts can be expensive or hard to get.
 - While the plastic parts on many of these lamps may not be reusable (either due to assembly technique or uniqueness), most cord and socket sets are easily reused. Save these for another project if they are in good condition.
- ***DO NOT keep any part that looks damaged. Discard these parts for safety reasons.***



TOOLS:

- **64 Bit Driver Kit** (1)

Phillips #2 bit

Substitutable with a drill and Phillips #2 bit or standalone driver.

- **Flush Wire Cutters** (1)

Used on push sockets. Cut the cord a distance away from the socket for reuse.



PARTS:

- **Broken lamp** (1)

Found at houses, yard sales and thrift stores.

Step 1 — Unplug the lamp



⚠ Before disassembling on the lamp, it *MUST* be unplugged!


Step 2 — Remove the lightbulb



- i** If the bulb is worth keeping, this can be reused.
- If your lamp has a lightbulb installed, remove it first.

Step 3 — Remove the socket components



 ***Most lamps will be similar, but be prepared for variations.***

- Remove the switch handle. ***Removal is not always required, but can limit disassembly complications.***
- Remove the socket cover. Once removed, pull the socket out of the assembly.

Step 4 — Remove the bulb socket



 **Press-in sockets are not easily reusable.**

- After removing the plastic cover and switch, remove the bulb socket. ***You will need different tools for screw and push wire sockets.***
- Discard any broken or unwanted components.

Step 5 — Remove the cord



 **The cord can be reused if it is in good shape.**

- After removing the bulb socket, remove the power cord.

Step 6 — Test the lamp and make any needed modifications



- After gutting the lamp, test fit the new light to find a stable place and make additional modification as needed. ***What you do beyond this step (Ex: Custom alternations) is up to you.***