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Subject: Soldering with Shaky Hands  
Posted by [Chicken](#) on Mon, 29 Aug 2011 15:01:26 GMT  
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I'm learning how to solder, but unfortunately my hands tend to shake so it's challenging. Does anyone else have this issue, and how do you deal with it?

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Subject: Re: Soldering with Shaky Hands  
Posted by [Wayne Parham](#) on Mon, 29 Aug 2011 15:23:45 GMT  
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Practice.

Try resting your hand on your work, and moving the iron like you would a pencil to the paper.

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Subject: Re: Soldering with Shaky Hands  
Posted by [gofar99](#) on Mon, 29 Aug 2011 22:34:00 GMT  
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Hi, Use a relatively small iron as well. I like 25 watters.

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Subject: Re: Soldering with Shaky Hands  
Posted by [Chicken](#) on Tue, 30 Aug 2011 12:09:34 GMT  
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Thank you both for your suggestions. I didn't realize just practicing would help me have a steadier hand, but it makes sense. I think my iron is 25 watts as well, but I am not sure.

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Subject: Re: Soldering with Shaky Hands  
Posted by [Siren](#) on Tue, 13 Sep 2011 18:07:28 GMT  
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I would just suggest practice using your soldering iron, concentrate on what you are doing, and relax. All of those tips helped my shaky hands, immensely!

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Subject: Re: Soldering with Shaky Hands  
Posted by [Freddy](#) on Sun, 06 Nov 2011 05:21:47 GMT

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I agree with the advice everyone else gave. If you can't overcome this though, you might consider seeing a doctor. There are medications that can help with shaky hands. I realize that's probably not necessary for most people, but it's an option that's out there if you really need it.

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Subject: Re: Soldering with Shaky Hands  
Posted by [FloydV](#) on Tue, 21 Feb 2012 00:41:03 GMT  
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I have the same issue. I have intention tremor, sometimes called essential tremor. This means that when I intentionally move my hands (or try to hold them in a certain position) they tremor. A reverse Parkinson's disease if you will. If my hands are relaxed they are very steady.

You can take Klonopin for it. It's a benzodiazapene that has much less sedation than the usual benzos, but it does lessen the tremor.

The problem is in your brain, not in your muscles or nerves. The more you use your hands, the more that part of the brain gets excited, and the worse the tremor becomes. Beta blockers also help, but they have a really mind deadening effect.

If the tremor gets really bad, I stop working for a while, and then start back.

I also try to support my wrist or arm on something to help steady it.

Floyd

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Subject: Re: Soldering with Shaky Hands  
Posted by [mixinlady](#) on Sat, 12 May 2012 14:48:22 GMT  
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It sounds like you should practice steadying your hands first doing less dangerous/crucial activities. Using some of those hand grip exercisers could help to strengthen your mitts and perhaps train you to be less shaky.

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Subject: Re: Soldering with Shaky Hands  
Posted by [FloydV](#) on Sun, 13 May 2012 20:04:13 GMT  
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Try this. Take a pen or pencil and try drawing a spiral from the inside out. If your spiral isn't reasonably round, but rather like a jerky series of circles, then you have intention tremor. Also, try holding your hand out fingers stretched. They should be reasonably calm. Then try closing those fingers letting your forefinger touch your thumb.

If your fingers tremor during this second, closing, exercise, you have intention tremor and the

problem in in your brain, not your hand.

Also, the more you repeat a specific action like opening and closing those fingers, the worse the tremor will get. Intention tremor is like a reverse Parkinson tremor. Your hands are steady at rest but tremor when you intentionally move them.

Floyd

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Subject: Re: Soldering with Shaky Hands  
Posted by [tedrashwin](#) on Wed, 08 Aug 2012 06:35:40 GMT  
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Quote:A reverse Parkinson's disease if you will. If my hands are relaxed they are very steady.

anyone tried stem cell as Parkinson's treatment

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Subject: Re: Soldering with Shaky Hands  
Posted by [Chicken](#) on Tue, 18 Sep 2012 15:46:51 GMT  
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FloydV wrote on Sun, 13 May 2012 15:04Try this. Take a pen or pencil and try drawing a spiral from the inside out. If your spiral isn't reasonably round, but rather like a jerky series of circles, then you have intention tremor. Also, try holding your hand out fingers stretched. They should be reasonably calm. Then try closing those fingers letting your forefinger touch your thumb.

If your fingers tremor during this second, closing, exorcise, you have intention tremor and the problem in in your brain, not your hand.

Also, the more you repeat a specific action like opening and closing those fingers, the worse the tremor will get. Intention tremor is like a reverse Parkinson tremor. Your hands are steady at rest but tremor when you intentionally move them.

Floyd

I tried the exercises you suggested, and it doesn't appear I have intention tremor. My hands do shake sometimes when I want them to be still (like during soldering) but not while opening and closing like that. They shake the most when I am emotional.

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Subject: Re: Soldering with Shaky Hands  
Posted by [gstarey66](#) on Sun, 19 Jan 2014 17:57:54 GMT  
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Hello there,

One other comment about soldering.

If you want 100% success, minimum problems and maximum connection strength and conductivity - you need to try to get a good mechanical connection going BEFORE you apply the solder.

This means wrapping the wire at least part way around connector or when poking components thru a circuit board, bending the leads some so the part will stay by itself and not fall out.

Most bad solder joints come about because things move out of alignment while the joint is being soldered. A good mechanical connection prevents this problem and insures a good connection.

Learned this in both NASA and Mil Spec Hi Reliability Soldering classes. Have not had a joint of mine fail in 20+ years now, so feel this approach works quite well.

FWIW,  
Greg

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Subject: Re: Soldering with Shaky Hands  
Posted by [LuckyLucy](#) on Tue, 21 Jan 2014 02:38:30 GMT  
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That is really good advice, Greg, and something that is easy to overlook or think unnecessary when soldering.

You think to yourself that you're melting things, and that the solder will fill in, but that's just not always the case. The parts need to be basically attached as if you were not going to solder them, but were relying on the mechanical attachment.

I think you still need to be very careful and not be knocking around, but this will help with the normal tiny movements that the person soldering might make.

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Subject: Re: Soldering with Shaky Hands  
Posted by [gstarey66](#) on Wed, 19 Feb 2014 18:53:03 GMT  
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Hello,

One other comment about getting a good mechanical connection before applying the solder:

If you have a good close connection with plenty of surface area in contact between the wire and the pin or whatever, then you don't need silver (or magic) solder to fill the gaps to have a good electrical connection. If you wish a stronger than usual connection, then silver solder might help as it has a higher melting point, but really should not be needed for anything we hobbists are doing. IMHO.

Regards,  
Greg

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Subject: Re: Soldering with Shaky Hands  
Posted by [pk20](#) on Sun, 01 Jun 2014 11:43:49 GMT  
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This is all great advice. I've noticed the older I get the less steady my hands when I'm trying to do delicate work. Leaning the arm on something makes it much easier to control the shaking.

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Subject: Re: Soldering with Shaky Hands  
Posted by [Lizard](#) on Thu, 11 Sep 2014 02:14:49 GMT  
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My hands are a little shaky as well, but it is something that I am learning to more or less control. Practice makes perfect.

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Subject: Re: Soldering with Shaky Hands  
Posted by [minora](#) on Sun, 24 Apr 2016 11:17:36 GMT  
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Sometimes I do get the tremor as well, though not so often. When it happens, I try to rest for a while, shift my focus to something far away for 10-15 minutes, then start again. Leaning arms against firm material also help to reduce the tremor. Don't stress yourself too much. If the problem persists even to other activities, maybe you should go see a doctor.

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