

## Distance Eye Chart Instructions

This chart can be used as a screening tool to check clarity of your distance vision from home. **This does not replace an eye exam with an Ophthalmologist and it can not detect serious eye problems.**

For the best accuracy, have someone assist you when testing your vision with this eye chart. If you do not have someone to assist you, you can still perform the test.

1. Open the chart. Check the resolution of your page is set at 100%. To check or change the resolution on the top of your screen you will see the zoom % change to 100%.
2. Measure 3 metres from your computer screen. This is where you will need to stand to do the test.
3. If you usually wear glasses or contact lenses for distance activities such as driving please put them on.
4. Then cover one eye with the palm of your hand, to completely block the vision of the covered eye. (Do not apply pressure to the covered eye, as it might affect that eye's vision when you test it.)
5. Identify a line on the chart you can comfortably read. Read the letters on that line aloud. Have your assistant stand near the chart and record your accuracy.
6. Continue trying to read the letters on each successively smaller line.
7. Have your assistant stop you when you fail to correctly identify at least 50 percent of the letters on a line.
8. Record the line number you read up to.
9. Switch to the other eye and repeat.

Place chart 3m away when top letter E is 4.45cm in height. Please see instructions.

6/60

E

1

6/30

F P

2

6/24

T O Z

3

6/18

L P E D

4

6/15

P E C F D

5

6/12

E D F C Z P

6

6/9

F E L O P Z D

7

6/7.5

D E F P O T E C

8

6/6

L E F O D P C T

9

