

Printable PD Ruler

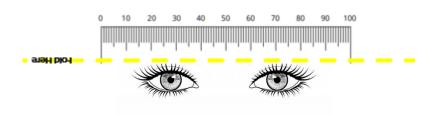
When printing Do Not Scale

Step One

Grab the things you will need: mirror, pencil and paper to capture your (PD) measurements.

Step Two

Stand approximately 8 inches away from a mirror in a heavily lighted area.

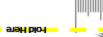


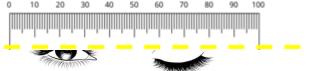
Step Three

While looking straight ahead, hold the ruler over your eyebrow.

Step Four

Close your right eye and align the ruler to 0 mm in the center of your left pupil.





о 10 20 30 40 50 60 70 80 90 100 - алан рюч

Step Five

While continuing to look directly in front, close your left eye and open your right eye. The mm line that aligns directly to the center of your right pupil is your PD measurement.

