



HOME EYE TEST CHART

Thanks for downloading this distance vision test.

In the following page you'll find a standard visual acuity chart, otherwise known as a Snellen chart. This can be printed and used at home for adults or children as a method of detecting short-sightedness (myopia) which is the main cause of blurred distance vision.

INSTRUCTIONS

For the best results, ask for assistance and follow the steps below. If you already wear glasses or contact lenses for distance vision, please wear them during this test.

1. Position the Snellen chart 3 metres away. (10 feet)
2. Cover one eye with your hand to completely block it's vision.
3. Choose a line of letters on the chart you can read comfortably. Read them aloud whilst your assistant records your accuracy. (Do not squint when reading)
4. Below your initial line of letters, progress through each decreasing size of letters in each line, reading them aloud for your assistant.
5. Your assistant must stop you if you fail to read at least half of the letters on any line. At this point, they must record how many letters of your failed line you managed to identify correctly.

For example: On the 20/32 line, you correctly identify 3 of the 7 letters. Your visual acuity would be recorded as 20/32 – 3/7.

Example 2: On the 20/32 line, you correctly identify all 7 letters and then 4 of the 8 letters on the 20/25 line. Your visual acuity would be recorded as 20/32 + 4/8.

6. After recording your first eye, alternate to the other and repeat steps 1-5.

Please note

This visual acuity test is only one measurement of your vision and does not account for other aspects of good eye health. At Banton Frameworks, we recommend that you regularly attend your biennial eye examination for the proper medical detection and prevention of serious eye conditions such as glaucoma or diabetic retinopathy.

If you have any questions regarding this test and/or how to use it, please get in touch with us via email: info@bantonframeworks.co.uk or visit our website at www.bantonframeworks.co.uk

PLACE THIS CHART 3 METRES AWAY

20/200

E

1

20/200

F P

2

20/100

T O Z

3

20/80

L P E D

4

20/63

P E C F D

5

20/50

E D F C Z P

6

20/40

F E L O P Z D

7

20/32

D E F P O T E C

8

20/20

L E F O D P C T

9