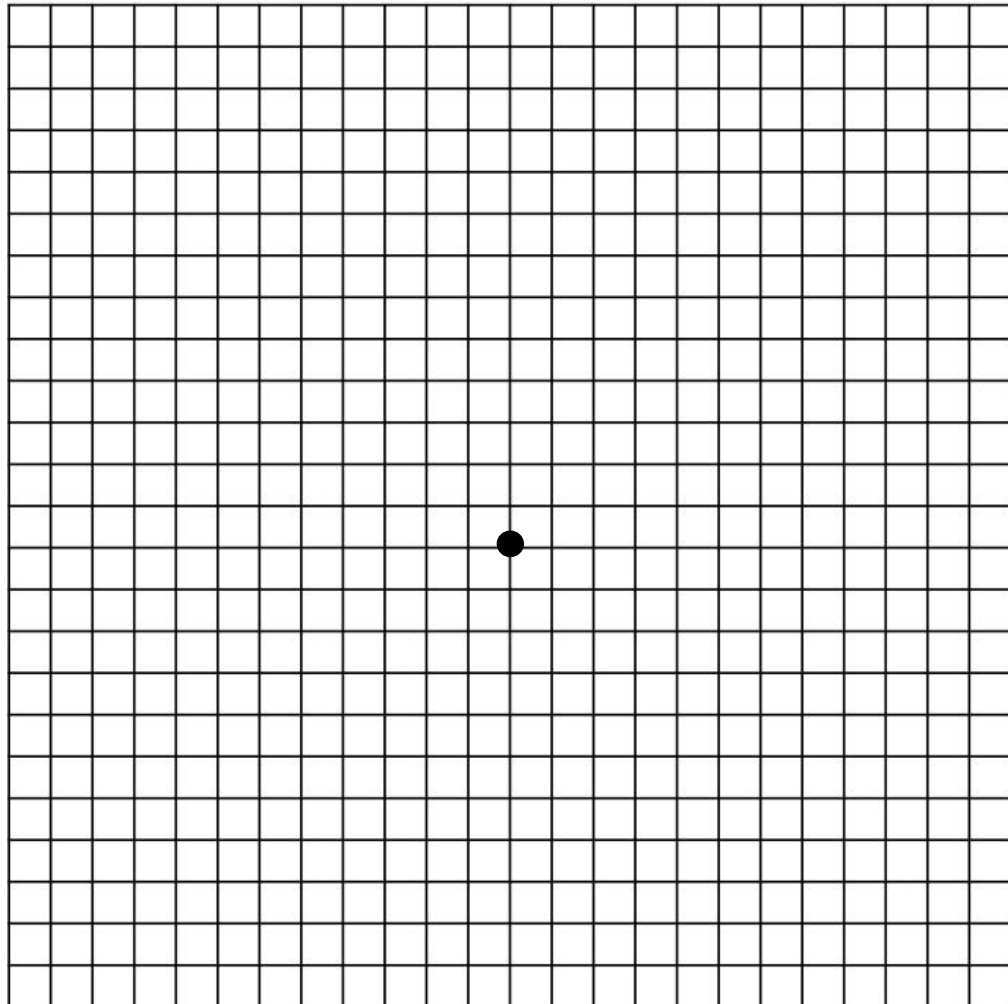




AMSLER GRID

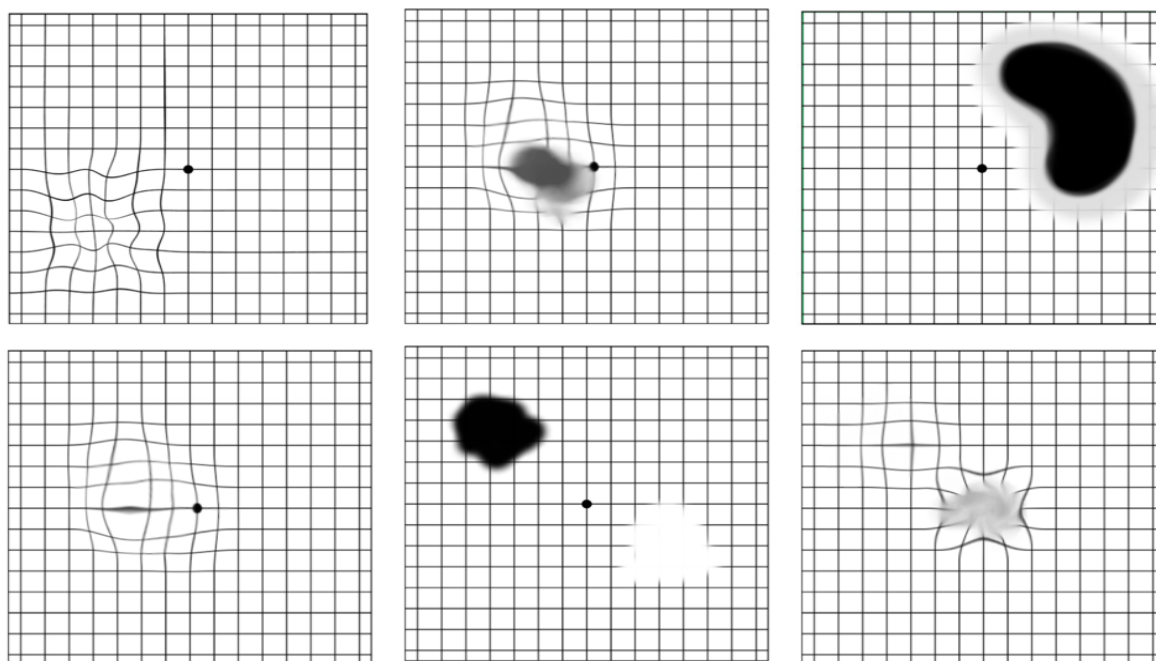
1. Place Grid the on the fridge or hold it about 40-50cm away.
 - Wear your near spectacles
2. Close one eye with your hand and only look at the middle dot of the grid.
3. With your central and surrounding vision, notice the following:
 - a) Can you see the central dot clearly? Is the dot blurry or missing?
 - b) Can you see all the grid lines or are some lines missing?
 - c) Are any grid lines doubled?
 - d) Are there any changes in colour of the white background? Such as yellow or brown?
 - e) Are there any Blurry spots or empty holes in the grid (gaps in vision)?



Contact or visit your Optometrist/Ophthalmologist immediately if there are big changes in the Amsler Grid



EXAMPLES OF AMSLER GRID PROBLEMS:



SCREEN YOUR VISION

(this is not a complete eye test!)

4. Place the chart on the fridge and look at the distance targets from 3 meters away.
5. Close your one eye and see how far you can comfortably see.
6. Now do the same with the other eye.
7. Move closer to about 40cm from the chart and read the near targets one eye at a time (same procedure as above).

If you struggle to see comfortably – visit your Optometrist for an eye test.

<h1>CAN YOU</h1> <h2>READ UP</h2> <h2>TO THE</h2> <h2>SMALLEST LINE?</h2>	50% (Driving standard)	<p>Can you read this comfortably with each eye while looking from 40cm? There should be no strain or blurry feeling.</p> <p>If you have to come closer or go further away from the text, then your glasses may be too strong or too weak.</p> <p>012 346 1038</p>
	67%	
	80%	
	100%	
	<p><i>3 meter distant chart</i></p>	
<p><i>40cm near chart</i></p>		