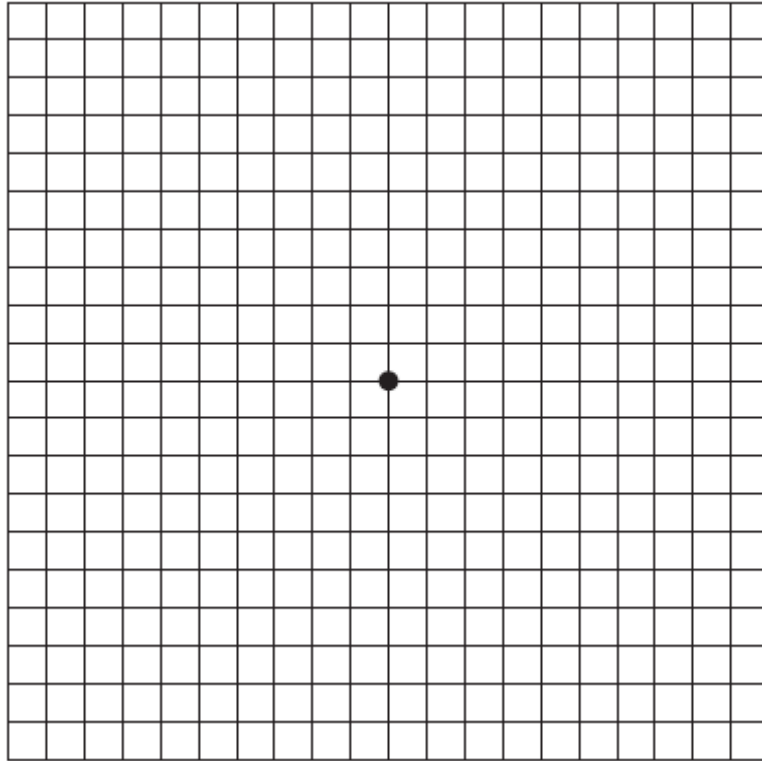


Amsler Grid



Use this Amsler grid to check your vision regularly.

How to use:

Wear the spectacles you normally wear when reading.

Position the chart 14 inches /36 cm away from your face.

Cover one eye at a time with your hand.

Look at the dot in the centre.

1. Can you see all 4 corners?
2. Looking at the corners in turn, are you still aware of the central dot?
3. Do all the lines appear straight, all the squares square?
4. Are there any bits missing or distorted?

Keep this grid in a safe place – on your pinboard or fridge door perhaps, and if you suspect any changes, book an eye test As Soon As Possible!

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