

Home Visual Acuity Testing



For an Adult or Child who is familiar with the English language and knows His/Her Letters

What You Need to Test Your Vision at Home:

- Something to cover the eye, like a patch, large spoon, paper cup or facial tissue.
- Tape or tack to hang the testing chart on the wall.
- A pencil or pen to record the results.
- Something to measure distance with like a tape measure, yardstick, “Measure” app on your smartphone or 11 printer pages (8.5” x 11”) laid end to end.
- A well-lighted room at least 10 feet long.
- The printed visual acuity testing chart.

Prepare the Test Area:

- Print the visual acuity chart.
 - <https://www.safeeyesamericahomeeyetest>
- Measure 10 feet from a wall with no windows, and place the back of a chair at this point.
- Tape or pin the chart on the bare wall, level with the eyes of the person you will test as he or she sits in the chair.



Testing:

- Have the person being tested sit in the chair, 10 feet from the chart. Make sure the chart is level with his or her eyes.
- Have the person being tested cover the left eye. If he or she uses eyeglasses for distance vision, the glasses should be worn during the test.
- Write down the number of the smallest line seen correctly (the line with at least half of the letters correctly identified).
 - Right eye: 20/___
- Now repeat the test with the right eye covered and record the results.
 - Left eye: 20/___

General Tips:

- No cheating! Make sure the eye is completely covered and they are not peeking. Do not give any hints.
- Test the “BAD” eye first to avoid memorizing the letters with the “good” eye.