“Tumbling E” Eye Chart

The Tumbling E eye chart can detect nearsightedness in young children who don’t yet know all letters of the alphabet. It's also a good “game” to play with a child who might be apprehensive about his or her first eye exam.

Tumbling E eye charts also are useful to test the distance visual acuity of children or adults who cannot communicate verbally due to a physical or mental disability, language barrier or other reasons.

DIRECTIONS FOR USE

If the person being tested typically wears eyeglasses or contact lenses full-time, the eyewear should be worn during the test.

1. Place the chart on a wall or easel 10 feet away.

2. Have the person cover one eye with a hand, a large spoon or some other item that completely blocks the vision of the covered eye. If available, an eye patch with an elastic band is a good choice. (Do not apply pressure to the covered eye, as it might a ect that eye's vision when you test it.)

3. Start with the large single E at the top of the chart. Show the person the three parallel “fingers” of the E and ask them to show you with the fingers on their hand which direction the “fingers” on the E are pointing. (Show the person that they should hold their hand in a manner so their fingers point in the same direction as the “fingers” on the E.)

4. If possible, show other orientations of an E to confirm that the person being tested understands the task.

5. Point to each E on successively smaller lines to test visual acuity. Remind the person not to squint.

6. Stop when the person fails to correctly identify the orientation of at least 50 percent of the Es on a line.

7. Switch to the other eye and repeat. Record visual acuity for each eye by noting the line for which the person correctly identifies the orientation of either:

    a) More than half the tumbling Es on that line, but not all of them.

    b) All Es on that line, plus a few Es (less than half) on the next line.

Examples:

If the orientation of five of the seven Es on the 20/32 line is correctly identified, the tested person’s visual acuity for that eye is: $20/32^{-2/7}$

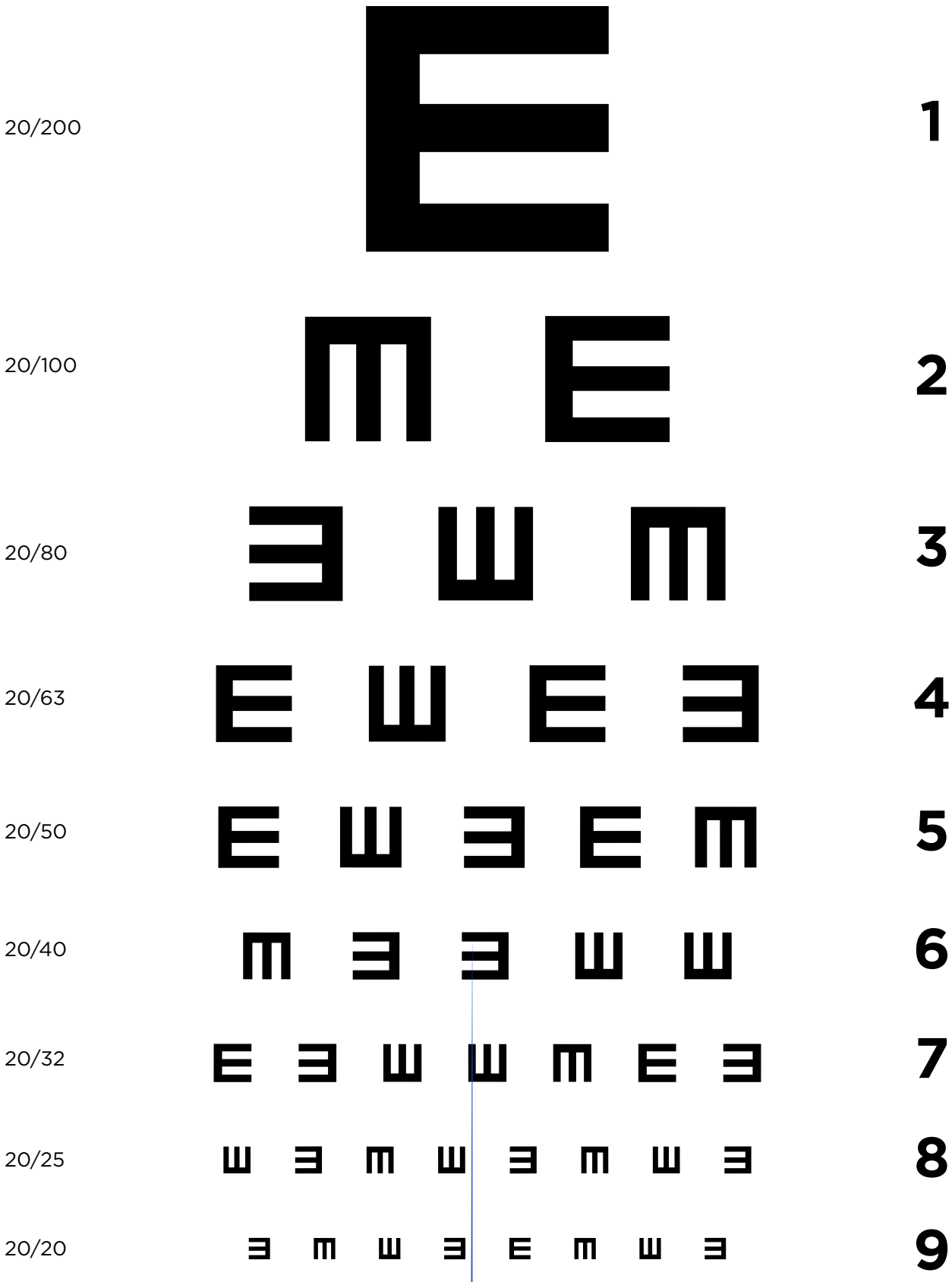
If the orientation of all seven Es on the 20/32 line is correctly identified, plus three of the eight Es on the 20/25 line, the tested person’s visual acuity in that eye is: $20/32^{+3/8}$

DISCLAIMER:

Eye charts measure only visual acuity, which is just one component of good vision. They cannot determine if your eyes are “working overtime” (needing to focus more than normal, which can lead to headaches and eye strain). Nor can they determine if your eyes work properly as a team for clear, comfortable binocular vision and accurate depth perception. Eye charts also cannot detect serious eye problems such as glaucoma or early diabetic retinopathy that could lead to serious vision impairment and even blindness.

Only a comprehensive eye exam performed by a licensed optometrist or ophthalmologist can determine if your eyes are healthy and you are seeing as clearly and comfortably as possible.

Place chart 10 feet away



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