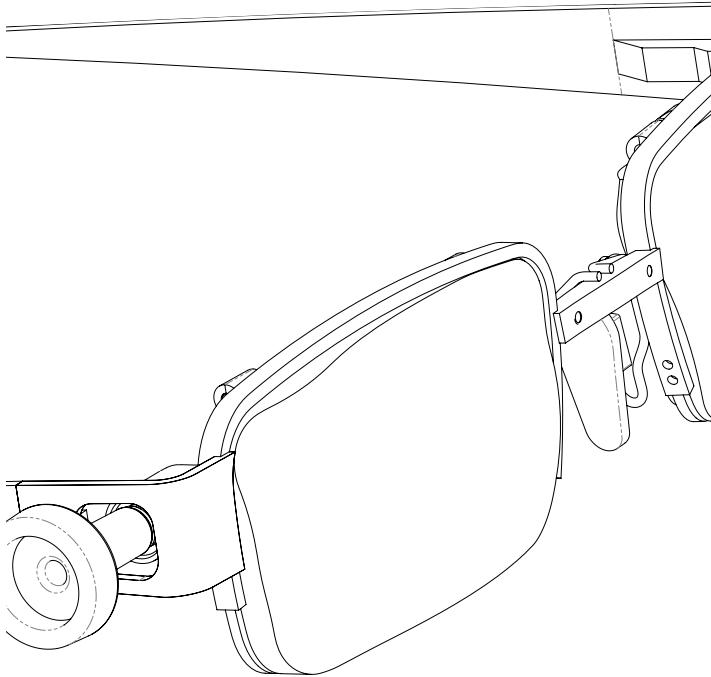


Answer Book

Eyejusters Training Course Questions



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June 2011 Edition

www.eyejusters.com/training/

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For use with Eyejusters Training Course



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Introduction

This book of answers is designed to work with the Eyejusters Training Manual, as part of a complete Eyejusters training course. It is aimed at trainers and should be used as part of an assessment system.

You can download other training materials at www.eyejusters.com/training/

What causes poor vision?

1. Hyperopia (long-sightedness), myopia (short-sightedness) and presbyopia.
2. Answers:
 - a) Presbyopia
 - b) Yes
 - c) Positive power lenses (usually found in near vision glasses/reading glasses)
3. Retina
4. Refractive error causes the image hitting the retina to be blurry, and the lenses in glasses can correct this. Eye pathologies prevent the retina from detecting the light or block the light inside the eye. Glasses cannot correct this.
5. Answers:
 - a) The nearest eyecare professional or ophthalmologist.
 - b) Macular degeneration - this prevents light from being detected properly and so you cannot help them with glasses.
6. Answers:
 - a) Cataracts
 - b) No - cataracts block light by making the crystalline lens opaque, which cannot be corrected by glasses.
7. Negative power lenses.
8. ★ Before the retina - the positive power lens will bend the light rays inwards.

How to do a sight test

1. Distance vision test and near vision test
2. 4m for the distance test (hung 1m above the ground), 40cm for the near vision test.
3. Answers:
 - a) No
 - b) Yes
 - c) No
 - d) No
4. No - their problem is probably caused by either a bad astigmatism or an eye disease, and Eyejusters cannot help them.
5. 1 - Move down the chart one letter at a time until they get ONE wrong.
2 - Move up TWO lines on the chart.
2 - Move along the lines asking the person to read all letters until they get TWO wrong on a single line.
1 - Record the number that is ONE above where you stopped.
6. They must cover one of their eyes, so you only test one eye at a time. You should repeat each test for both eyes.
7. You may also use common near vision objects used in near vision tasks, such as reading, needlework, etc.
8. Both the vision chart and the chair for the person being tested must be in the shade, to avoid bright reflections and bright sunlight interfering with the test results.
9. ★ They are most likely to have hyperopia (long-sightedness) - they are too young to have presbyopia so they can see objects in the distance but not close objects.

How to provide glasses

1. Myopia (short-sightedness)
2. Hyperopia (long-sightedness) and presbyopia.
3. Positive power glasses or reading glasses.
4. Answers:
 - a) Positive power glasses
 - b) Hyperopia (long-sightedness). When younger, their eye was able to accommodate (add power) to see distant objects, but as the crystalline lens is now less flexible, they can no longer do this, and needs positive power glasses to help do this.
5. Turn it all the way forward.
6. Two - but they must be able to see past line 7.
7. This person should try re-adjusting the lenses, as they must be able to see past line 7 on the vision chart.
8. Approximately +2.5 D.
9. Eyejusters
10. Backwards, as shown in the diagram on the instruction leaflet.
11. Distance vision glasses should be worn nearly all the time, and near vision glasses only when the person is doing near vision tasks such as reading, needlework, cooking, computer work, etc.
12. ★ When a person is short-sighted, their eyes are adding too much power, causing the image to focus before the retina. By removing power (minus power) with negative power lenses, this can be corrected. To see near objects, some power must be added again, but this may be less than the amount of power a person needs to have removed, leaving the overall power needed still negative.
For example, suppose a person has distance vision that requires -4.0 D to see clearly. When looking at a close up object, he may need +2.0 D added to see that object clearly, but the overall power is $-4.0 + 2.0 = -2.0$ D. This person would need negative power lenses for near vision glasses.

For more information, please visit
www.eyejusters.com