



## Computer Glasses Information – internal use only



### What are computer glasses?

Computer glasses are glasses that vary in prescription strength and/or visual field set-up from the glasses you have (or should have) for every day use. This means they can't be used as a substitute for ordinary reading glasses and/or distance glasses.

### Who can get computer glasses?

The need for computer glasses occurs mostly in persons over 40 years of age, where the prescription strength in their reading glasses is too strong to see the computer screen clearly, or where their multifocal glasses lead to unnecessary strain on the neck and shoulders due to unergonomic seating positions. This can lead to shoulder and neck pain, headaches, tiredness, and sore and stinging eyes.

Some people under 40 may also experience a need for computer glasses. This can happen if their visual function is other than expected for their age.

Anyone who works at a computer for a combined period of more than two hours a day is entitled to a specialized eye examination to determine whether they have a need for computer glasses.

### What to do if you think you might need computer glasses?

It's important to ensure that your workstation is correctly set up before any eye examination takes place. Your desk and chair should be set to a correct height, and any shine from overhead lighting and/or windows should be avoided. There should be a desk lamp that should be adjustable, so it does not blind or reflect onto your workstation. The keyboard should be at such a distance that you don't have to stretch to reach it. The screen should be at least 10 cm away from the keyboard, usually between 60 – 80 cm away from your eyes. You should be looking down on your screen, the top of the screen should be below your nose. The screen should not be flickering and the light/contrast should be adjusted so it fits the rest of the room.

### If you need computer glasses:

The Synoptik requisition form should be completed by the consultant or employee with the necessary information regarding name, DOB and the distance measurements indicated on the form. If you have multiple screens, please include this information.

The requisition needs to be approved by the line manager with a signature and a stamp.

It is valid for one month from the signature date. The eye examination can be booked online at

[www.synoptik.dk/bestil-tid](http://www.synoptik.dk/bestil-tid)