

REFERRAL

Control of occupational glasses



Book an appointment for a control of occupational glasses

SILMÄASEMA

Date ___ / ___ / ___

Name of the patient _____ Social security number _____

Work task _____ Employer/unit _____

REFERRER

Occupational health care _____ Ergonomic measurement technician _____

Return address of the referral _____

INVOICING

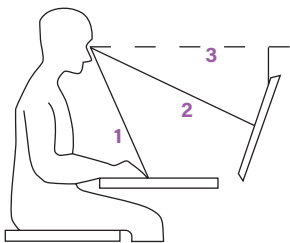
Invoicing address for occupational glasses _____

Employer's restrictions on occupational glasses Frame _____ € Lenses with coatings (hard and non-reflective) or basic lenses (hard coating)

Occupational glasses require approval Approver's signature _____

To be completed by the referrer

Remote work Hybrid work



DISTANCES (cm) AND ADJUSTMENT RANGE (cm)	SCREEN 1	SCREEN 2	ADJUSTMENT
1 to the keyboard _____	_____	_____	_____
2 to the screen _____	_____	_____	_____
3 from the line of sight to the text line at the top _____	_____	_____	_____
4 other distance, e.g. book rest _____	_____	_____	_____

Work tasks involve objects viewed from more than one metre away yes no

Furthest object _____ m Screen size _____ cm Size of the smallest letter 'r' on the screen _____ mm

Symptoms/issue/additional information _____

Statement on the need for occupational glasses (an optician specialised in occupational vision or an ophthalmologist familiar with the case)

All fields must be completed

VISUAL ACUITY

without glasses Right _____ Left _____ with glasses Right _____ Left _____

GENERAL-PURPOSE GLASSES In use Not in use

- single-vision reading glasses bifocal not required
- single-vision distance glasses progressive current ones are suitable
- enhanced reading glasses new ones are required

Prescription of current glasses

Right _____

Left _____

ADD _____

OCCUPATIONAL GLASSES Favourable statement Unfavourable statement

- single-vision progressive office multifocal not required
- enhanced reading glasses other, what _____ current ones are suitable
- new ones are required

Prescription of occupational glasses

Right _____

Left _____

ADD _____

JUSTIFICATION

- atypical lens type atypical installation
- atypical prescription other reason, justification _____

Additional information _____

Name and profession of the issuer of the statement on occupational glasses _____

Date ___ / ___ / ___ Signature _____

Store's stamp

INSTRUCTIONS FOR COMPLETION

This referral is used when the occupational health service requires a statement on the employee's need for occupational glasses. Statements on occupational glasses by Silmäasema's optometrists meet the requirements set for them by KELA and Government Decision 1405/93.

1. Adjusting the ergonomics of the workstation

- Adjusting the desk and seat.
- The distance and height of the computer screen relative to the eyes.
- The placement of the mouse and peripheral devices.
- The quality of lighting, reflections and glare.
- Working posture, work routines and patterns of work.
- Computer software ergonomics
 - The text size must be adequate in relation to the viewing distance (table).
 - Instructions for increasing the font size.
- Getting used to the new adjustments of the workstation.

More information on ergonomics: www.ttl.fi/ergonomia

2. Different lens types and their requirements for ergonomic adjustments

READING GLASSES

Reading glasses have a specific area where the vision is sharp. The stronger the addition (Add), the smaller the depth of focus. If you have trouble seeing the screen, move it closer.

PROGRESSIVE/BIFOCAL GLASSES

Depending on lens prescriptions and the adjustment options of the workstation, the screen can be viewed as follows:

- Using the distance section: the screen must be positioned far enough. Character size (font) must be large enough.
- Using the reading section: the screen must be adjusted low enough and close enough.

If the issues persist after ergonomics adjustments, a referral is given to assess the need for occupational glasses.

ENHANCED READING GLASSES / PROGRESSIVE OFFICE GLASSES

When looking through the bottom of the lens, papers and the keyboard are sharp. The prescription corresponding to the distance from the screen is at the centre or on the upper part of the lens. If the workstation has been previously adjusted for progressive glasses, the screen may need to be lifted up and, if necessary, moved further away. In this case, make sure that the character size is large enough.

3. Measuring the viewing distances of the workstation

The employee sits in a natural, ergonomically correct position that corresponds to their own needs and habits. The viewing distances are measured when the tools and furniture have been positioned and adjusted optimally for the working posture.

4. When occupational glasses?

Occupational glasses for display screen work are generally only necessary for workers with presbyopia, usually those over 50 years of age, whose working environment cannot be modified so that glasses suitable for general use function flawlessly. Even if the glasses are used only for work tasks, they are not occupational glasses referred to in Government Decision 1405/93, if they are suitable for general use. If only one pair of glasses is prescribed, they are almost never occupational glasses. If the employee needs an ophthalmologist examination, the employee is referred to an ophthalmologist. The examination for occupational glasses is conducted by a trained occupational health care optician specialising in occupational vision, who will also make a statement on the need for occupational glasses.

Good guidance for employees on the company's practices related to vision care reduces misunderstandings.

1. Get the workstation's ergonomics in order.
2. Ensure your general-purpose glasses are up to date.
3. Occupational glasses are prescribed only if symptoms persist.

Contact information: silmaasema.fi

