



## 60- Eyes and eyesight testing for display screen equipment work policy

The law says employers must arrange an eye test for display screen equipment (DSE) users if they ask for one, and provide glasses if an employee needs them only for DSE use. The regulations do not apply to workers who use DSE infrequently or for short periods.

DSE work does not cause permanent damage to eyes. But long spells of DSE work can lead to:

- tired eyes
- discomfort
- temporary short-sightedness
- headaches

DSE work is visually demanding, so it can make someone aware of eyesight problems they have not noticed before (including changes in eyesight that happen with age).

Employees can help their eyes by:

- checking the screen is well positioned and properly adjusted
- making sure lighting conditions are suitable
- taking regular breaks from screen work

### Eye tests for DSE users

Cornerstone Under 5s will provide an eyesight test for a DSE user if they request one and also pay for the test.

This should be a full eye and eyesight test by an optometrist or doctor, including a vision test and an eye examination.

It's up to Cornerstone Under 5s how they provide the test. For example, they could let users arrange the tests and reimburse them for the cost later, or they could send all their DSE users to one optician.

### Glasses for DSE work

Cornerstone Under 5s only have to pay for glasses for DSE work if the test shows an employee needs special glasses prescribed for the distance the screen is viewed the cornerstone will pay for a basic pair of frames and lenses. If an ordinary prescription is suitable, cornerstone does not have to pay for glasses.

**This policy was agreed at a Committee Meeting held on 6th November 2023 ..... (Date)**

**Signed on behalf of the preschool.....(Chair)**