

## Tips for Using a Magnifier

- Start with the lens close to the eye (not arm's length) and then bring the object towards the lens until it is in focus. This will give a wider field of view i.e. allow you to see more words at one time.
- Unless the magnifier has a low power, you will only be able to use it with one eye. Where possible use it with the eye that has the best vision.
- If the image appears upside down when you look through the magnifier, the distance between the object and the magnifier is too great – bring the object closer to the lens.
- When using a handheld or stand magnifier keep any movement slow and even to minimize the chance of losing your place.
- The center of the lens gives the clearest, least distorted image. Do not read across the lens, as the image will distort towards the edges.
- Make the first word as clear as possible. Once you have located your best viewing position, keep your head, eyes and the magnifier still, and move the object of your focus. This is known as 'steady eye strategy'.

Content from: The Macular Society

<https://www.macularsociety.org/support/daily-life/low-vision-aids/>