

Policy Title:	Eye Care Policy
Approved by:	Finance, Policies and General Purposes
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Signed:	

If you fall under the category of being a DSE user then you are completely entitled for a free eye test. The law for a healthy workplace environment states that if any DSE user asks for an eye test because they are experiencing vision problems then the employers should rightly arrange it. DSE users are office employees who use display screen equipment like monitors or laptops for performing a significant part of their work. The Health and Safety Executive mentions that any employee who is a regular DSE user or works on display screen equipment for more than two-three hours a day then needs a frequent break and right treatment ensuring free eye tests and glasses.

Cam Parish Council is committed to supporting its staff and will cover the full cost of an extended eye test and screening to the value of £40 (reimbursement upon receipt). This is approved to be undertaken annually.

If the eye test proves that you require glasses in order to protect your vision, then it's the employer duty to provide you with the glasses. Computer glasses to suppress any further visual damage to the employees are considered necessary. If you require glasses, Cam parish Council will offer a contribution of £100 towards basic lenses and frames (available annually, reimbursement upon receipt).

Taking care of your eyes

If working with computer displays is a significant part of your working life then you should minimise the risks of prolonged use by taking regular breaks. Short but frequent breaks are best.

It's also helpful to change the type of work you are doing – especially if you can change to a type of work that does not involve looking at computer monitors.