

TUMBLING E Chart

20/200	E	1
20/100	M E	2
20/80	3 W M	3
20/63	E W E 3	4
20/50	E W 3 E M	5
20/40	M 3 3 W W E	6
20/32	E 3 W M E W 3	7
20/25	W 3 M W 3 M M E	8
20/20	3 M W 3 E M W 3	9



TUMBLING E Chart

We remind you that the results obtained from this Tumbling E test are only orientative, and do not replace, in any case, the assessment of a vision specialist. We must visit an ophthalmologist or optometrist regularly to monitor our visual health.

To perform this test - correctly - The following instructions must be followed:

This Chart was initially created to be printed on a **full-size DIN4** and placed at a distance of 108.25 inches, **9,02 feet, or 2.75 meters**. However, adjustments are possible, as we'll discuss further. Ensure the E-Chart is printed on a single page when printing the PDF.

At all times, please make sure you complete the test at the proper distance! If you need to adjust the distance, we show you (next page) how to quickly calculate the proper distance based on the size of the printed letters in your document.

Note: If you prefer to perform the test directly from the screen of your computer, that is also an option.

How to perform the test?

Our **room has to be well-illuminated**. The Chart should be placed vertically against the wall at 2.75 meters or the adapted calculated distance.

We will lean back to carry out the test, and the **E-chart will be at the height of our eyes**.

If we **wear glasses or contact lenses**, we must use them during the test.

We cover one eye gently and without pressure with the palm of our hand, a cloth, or an eye patch. We can start by covering our left eye and then complete the test from top to bottom.

We will write down the row number of the row that we have been able to visualize last (That is, the number that appears on the right side of each line) or the Snellen fraction (the fraction that we can observe at the beginning of each row).

Then we will cover the other eye, in this case, the right eye, and we will perform the test again and write down the result.

Learn how to interpret the results here: <https://mimundovisual.com/en/how-to-do-a-snellen-test-at-home/>



TUMBLING E Chart

To perform this test - correctly - The following instructions must be followed::

To measure the correct distance:

We can measure the length of the first letter E to verify that the Chart has been printed with the proper size, which must be 4 cm or 1.575 Inches high.

If so, we must complete the test at a distance of 2,75 m or 108.25 inches, or 9,02 feet. So, the largest letter should be 4 cm or the distance should be adapted.

If the size is different: We can re-calculate the distance based on the height of the largest Letter E.

Distance calculation Formula:

Calculation - Inches:

(Height of the main E in inches / 3.492 inches)*240 Inches or 20 feet. Example: height of the letter E equals 2 inches $(2/3.492)*20 \text{ ft} = 11.45\text{ft}$

You can find the online calculator for this formula calculated in inches here:

<https://mimundovisual.com/en/how-to-do-a-snellen-test-at-home/>

Calculation - Centimeters:

(Height of the main E in mm / 88.7mm)*609.6cm Example: height of the letter E equals 5cm (or 50mm) $(50\text{mm}/88.7\text{mm})*609.6 = 343.6\text{cm}$ or 3.44 meters.

<https://staging.mimundovisual.com/en/how-to-do-a-snellen-test-at-home/>

You can find the online calculator for this formula calculated in centimeters here:

<https://mimundovisual.com/en/how-to-do-a-snellen-test-at-home/>

