

Confirmation by the Supervisor

Hereby, it is confirmed that

(Name, First Name, and Date of Birth)

is employed as _____

at/in (specify the workplace)

and works at a screen-based workstation.

The usual viewing distance at the workstation is 60 cm to the screen and 40 cm to the keyboard.

The work requires frequent eye movements between the screen and distances of _____ meters in the room

(please specify, e.g., in case of public interactions, or strike through if not applicable).

Date, Signature

Stamp

Confirmation by the Employee

I hereby confirm the accuracy of my information and acknowledge the notification in the Bavarian Ministerial Gazette (BayMBI.2024 No. 455):

"Regular visual aids are necessary to correct vision impairments and meet everyday visual requirements. These include distance glasses, progressive glasses, and reading glasses. Special visual aids are adapted to the specific conditions and individual visual requirements of screen-based work. They are not suitable as everyday glasses. Screen glasses can be equipped with single-vision, multi-vision, or special progressive lenses for screen work.

Necessity of special visual aids due to age-related vision changes:

With age, the ability to accommodate decreases, so that around the age of 45, reading glasses may become necessary, and for hyperopia even earlier. Reading glasses are suitable for screen work if they have a sufficiently large visual field and allow sharp vision at distances between the keyboard (approx. 40 cm) and the screen (approx. 50 to 80 cm) with sufficient accommodation ability. If reading glasses are no longer sufficient for screen work, or if universal progressive glasses are adequate for daily life but cause discomfort during screen work, specialized screen glasses are necessary.

As a general rule:

Anyone who does not experience asthenopic (vision-related discomfort) complaints during screen work and whose visual acuity is sufficient at screen distance does not require special visual aids for screen work."

Date, Signature