



# CUMBRIA FIRE & RESCUE SERVICE

## FIREFIGHTER EYESIGHT STANDARDS

**PLEASE NOTE THIS FORM MUST BE COMPLETED AT LEAST FOUR DAYS BEFORE THE DATE OF YOUR MEDICAL – FAILURE TO RETURN THE FORM BY THIS DATE MAY DELAY YOUR APPLICATION**

**The vision standards for eyesight are:**

### Visual Acuity

- Corrected visual acuity should be 6/9 binocularly, and a minimum of 6/12 in the worse eye
- The minimum uncorrected vision for recruits should be 6/18 in the better eye and 6/24 in the worse eye for both full time and retained firefighters
- The current 6/60 unaided limit should be retained for serving firefighters
- An upper hyper-metropic limit of +3.00
- Testing for myopic corrections is no longer required
- Visual Acuity testing protocols must be better defined (e.g. for Snellen, distances, ambient lighting and use)
- Vision must be binocular
- Be able to read N12 at 30cm unaided with both eyes open (applicants aged 25 and over)
- Be able to read N6 at 30cm unaided with both eyes open (applicants under 25 years of age)

### Visual Fields

- Normal binocular field of vision is required.

### Eye Disease

- Have no history of night blindness or any ocular disease that is likely to progress and result in future failure of the visual standards for firefighters
- Individuals with keratoconus are unlikely to be fit for firefighting duties
- Compound astigmatism: Assess for capability, history of headaches and eyestrain

### Refractive Surgery

- Successful Photorefractive Keratectomy (PRK), laser assisted in-situ keratomileusis (LASIK), Laser Epithelial Keratomileusis (LASEK) and EpiLASIK treatments should be allowable if satisfy post operative visual tests
- **RK (radial Keratotomy) and astigmatic keratotomy are NOT suitable due increased risk of rupture and fluctuation in vision**
- Intraocular Refractive Surgery – Used for high myopes therefore is still risk of complications
- Wavefront Guided Laser Refractive Surgery – since a Wavefront treatment aims to reduce aberrations, in theory it should produce better outcomes for night vision and vision in

difficult low lighting levels or reduced contrast as might be encountered in a smoke-filled room; this technology could therefore have great relevance for firefighters – research is still underway to aid our understanding of this relatively new technology

Assessment after Refractive Surgery – an examination to consider the suitability of a refractive surgery patient for operational firefighting should include:

- A slit lamp examination to confirm that the eye has returned to normal and that there is no significant loss of corneal transparency over the pupil area
- Refraction, topographic examination and pachymetry to screen for keratectasia

Candidates should have their visual performance assessed using a technique sensitive to the presence of scattered light and aberrations.

Candidates should not be considered until at least 12 months post-surgery and when all medication has ceased.

### **Contact Lenses**

Firefighters are permitted to wear contact lenses whilst on duty providing the following conditions are complied with.

Optician needs to confirm visual acuity with and without lenses

Optician needs to confirm date lenses received

Optician needs to confirm lenses are soft contact lenses and the individual has satisfactorily demonstrated they are capable of wearing those lenses continually for up to 16 hours without deterioration of their vision.

### **Colour Blindness**

Normal colour vision or slightly abnormal red/green colour vision are acceptable. If a candidate does not pass the Ishihara test performed by the optician, then two further tests can be undertaken by Occupational Health to determine the severity and type of colour vision deficiency.

**IF YOU WEAR GLASSES, PLEASE BRING THEM WITH YOU TO YOUR MEDICAL ALONG WITH YOUR PRESCRIPTION.**

Please ask your optician to complete the form overleaf, making sure it is **signed, stamped and dated**.

Please then keep the form until you are able to upload it as part of your pre-employment medical questionnaire (details of how to do this will be sent out closer to the time).

# FIREFIGHTER EYESIGHT STANDARDS

Surname: ..... Forenames: .....

Date of Birth: ..... / ..... / ..... Date of Examination: ..... / ..... / .....

Please complete the following for the above named person:

For both full time and retained firefighters, the minimum uncorrected vision for recruits should be: <ul style="list-style-type: none"> <li>• 6/18 in the better eye and</li> <li>• 6/24 in the worse eye</li> </ul> <u>The current 6/60 unaided limit should be retained for serving firefighters</u>	Left eye	
	Right eye	
	Both eyes together	
Corrected distance vision (If applicable) <ul style="list-style-type: none"> <li>• Corrected visual acuity should be 6/9 binocularly, and</li> <li>• a minimum of 6/12 in the worse eye</li> </ul>	Left eye	
	Right eye	
	Both eyes together	
Uncorrected near vision <u>For applicants aged 25 and over:</u>  Be able to read N12 at 30cm unaided with both eyes open  <u>For applicants under 25 years of age:</u>  Be able to read N6 at 30cm unaided with both eyes open	Left eye	
	Right eye	
	Both eyes together	
Corrected near vision (If applicable)	Left eye	
	Right eye	
	Both eyes together	
Has a normal visual field in each eye, as determined by confrontation techniques		Yes/No
Has a history of nyctalopia (night blindness) or any other ocular disease that is likely to progress and result in failure of the standards in the future		Yes/No
Colour Vision Test – Ishihara Plates Number of identification errors (if any)		
Laser Treatment Has had laser treatment for their vision <i>If yes, please provide further information as specified overleaf</i>		Yes/No

<b>IF THE PERSON WEARS CONTACT LENSES PLEASE COMPLETE THE SECTION BELOW:</b>		
Visual acuity with and without lenses	Left Eye	
	Right Eye	
Date lenses received	Date:	
I confirm the lenses are soft contact lenses and the individual has satisfactorily demonstrated they are capable of wearing those lenses continually for up to 16 hours without deterioration of their vision.	Yes	
	No	

Where glasses are worn to meet the minimum standards, they should have a corrective power  $\leq +3$  dioptries.  
**TESTING FOR MYOPIA CORRECTIONS IS NO LONGER REQUIRED**

It is also necessary for all drivers of Group 2 vehicles to be able to meet the prescribed DVLA standards.

Signed: .....

Date of signature: .....

Practice Stamp:

If you have any queries please contact Occupational Health on 01768 812556.