

Can You Do This?

Peripheral vision is what you can see at your sides without turning your head, while still looking in front of you. Peripheral vision is an important ability to have when working in agriculture. Having good peripheral vision and knowing how to use it can help avoid hazards and prevent incidents that may cause injuries and fatalities.

Use the instructions below to test your peripheral vision.

1. Cover one eye at a time.
2. Stay focused on an object in front of you.
3. Have a partner hold up fingers in your peripheral vision, about 14 inches away from your face.
4. Start closer to your line of sight and progressively move further back (towards your ears). Can you see how many fingers they are holding up?
5. Good peripheral vision can go up to 100 degrees horizontally (which is roughly between your eye and ear). How far did your peripheral vision go?