Deakin Optometry
Dominant Eye Test

Step 1
Print this page on your printer

Step 2
Cut out the small square in the centre of the page

Step 3
Hold the page up at arms length

Step 4
With both eyes open focus on a stationary object

Step 5
While focussing on the object, slowly bring the paper closer until it touches your face

Step 6
The eye which you have over the opening is your dominant eye

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