

Work Life 16 Oct 2017

ZEISS officelens – The perfect solution for vision at work.

Headaches, eye complaints, fatigue - typical problems that many spectacle wearers face at work. ZEISS office lenses for work are optimised for the vision needs of spectacle wearers and ensure comfortable vision all day long. This is an interview about the background.

A new technology from ZEISS provides individually adjusted spectacle lenses for working - ensuring clear and sharp vision with large fields of vision at long and medium distances, for all day comfort. BETTER VISION talks to Dr. Arne Ohlendorf and Monique Welscher from the development department at Carl Zeiss.

BETTER VISION: There is no better solution > for vision at work than spectacles with lenses specially optimised for the viewing distances that occur at work. Why can this level of individual adjustment to the eye only be achieved with spectacles lenses?

Dr. Arne Ohlendorf: The increasing demands of today's workplaces mean that presbyopic people need access to very large fields of vision, for example to get a clear view of all the information on a monitor. For people with pure long distance or close range ametropia, which can be corrected with a single vision lens, this requirement is relatively easy to meet. But as soon as presbyopia sets in, at an age of around 40, the best option is correction using progressive lenses because - unlike with correction using multifocal lenses or an eye operation - they are the only solution that offers presbyopic wearers significant vision in all directions. Due to their design, multifocal contact lenses particularly influence contrast perception and make it more difficult to see texts on a monitor, for example. In terms of operative correction for presbyopia, there are too many factors that cannot yet be influenced. For example, close up vision can be improved but the effect is not permanent as presbyopia is a degenerative condition. ZEISS work spectacle lenses are the perfect solution as soon as a spectacle wearer needs close up vision correction.

Vision in the office

BETTER VISION: How did the new ZEISS office lenses come to be developed, and what makes these lenses so special?

Dr. Arne Ohlendorf: ZEISS has very specialist knowledge of theoretical and applied vision research. With its powerful calculation methods and special production methods for spectacle lenses, ZEISS can consistently bring improved or totally new solutions to the optics market. However, the essential factor for all of ZEISS's innovative solutions is to ensure good vision and an optimum visual experience for the spectacle wearer. The new ZEISS officelens Individual sees innovation coincide with market demand, and ZEISS worked intensively with research experts and clinics to come up with targeted solutions.

Monique Welscher: Current studies have shown that 63 per cent of spectacle wearers are unsatisfied with their spectacle lenses at work (Source: Leibniz Institute for Work Research, Online study 2011, n=175). Everybody wants relaxed, clear vision in the close and medium range to prevent eye strain or neck pain. This was the key objective for the development of the ZEISS work spectacle lenses. A new tailored design and individual adaptation to the wearer's personal viewing distance in the close and medium range enables comfortable vision, all day long. This was the result of a further study by the Leibniz Institute for Work Research at the TU Dortmund. The study confirmed that better vision on a PC and at close range is achieved with the ZEISS officelens Individual compared to progressive lenses not specially adapted to vision requirements in the workplace.

BETTER VISION: But doesn't it take a long time to get used to new spectacles for working?

Monique Welscher: Studies suggest that the opposite is true. First of all, as every spectacle wearer knows, any new spectacles take a certain amount of time to get used to. The brain has been used to particular visual impressions, sometimes for several years, and now has to adjust to a new, changed perception. When you wear progressive lenses for the first time, you also have to get used to the way that the effect changes within the progressive lens, which can cause problems at first when climbing stairs or rapidly moving the head. But a study has shown how quickly wearers get used to the new ZEISS workplace spectacle lenses. The majority of respondents (76%) got used to the ZEISS officelens Individual within a day. And even those new to progressive lenses were experiencing perfect vision with their ZEISS officelens Individual within a few days. A further study, carried out by the Leibniz Institute for Work Research at the TU Dortmund, confirmed the rapid maximum adaptation of 1 day to ZEISS officelens Individual for the majority of those tested.¹

¹ Source: Internal ZEISS office lenses wearer test, n=94

BETTER VISION: ZEISS workplace spectacle lenses ensure a more natural and relaxed head and neck position. Does the likelihood of developing typical monitor-related eye complaints such as > weeping and burning eyes fall when using ZEISS workplace spectacle lenses?

Reading lenses:





Reading lenses provide clear vision at close range.

Effects on posture when using a monitor:

- ✓ The spectacle wearer leans forwards so that they can see objects clearly.
- ✓ This results in unnecessary strain on the neck and back.

Progressive lenses:



The range for medium distances in the progression zone provides a limited field of clear vision.

Effects on posture when using a monitor:

- ✓ The spectacle wearer lifts their head so that they can see through the area of the spectacle lens used for medium distances.
- ✓ This results in strains to the neck and shoulder muscles.

New ZEISS workplace spectacle lenses



The tailored design provides spectacle wearers with a sharp and clear visual experience at short and medium distances, adapted to their individual needs: 1. When reading, 2. At work, and 3. For general activities.

Effects on posture when using a monitor:

- ✓ The head and neck remain in a natural position.
- ✓ Total comfort - all day long.

Dr. Arne Ohlendorf: To date, there is very limited knowledge about how to correct these symptoms. The effect investigated in the studies is known as "Computer Vision Syndrome". We have found out that two factors have a major influence on whether this syndrome arises: Frequent work on a PC and gender. Women complain of problems much more frequently than men.

Monique Welscher: Symptoms such as tired, weeping or burning eyes are much less pronounced when using ZEISS office lenses Individual, as another study confirms (Leibniz Institute for Work Research at the TU Dortmund).

BETTER VISION: Are there any restrictions in terms of the choice of frame, do they have to be a certain width or depth?

Monique Welscher: With the latest generation of progressive lenses, you no longer have to miss out on wearing fashionable frames. The recommended minimum adjustment height is just 14 mm for ZEISS office lenses and ZEISS progressives. However, it is normally more comfortable for the wearer if this figure is 18 mm or more. The ZEISS product range includes a wide choice that allows an ophthalmic optician individual adjustment to their patients' personal vision needs, taking into account their different usage habits (type of activity and leisure pursuits, for example). There is a huge choice of fashionable frames, and your ophthalmic optician can help you to make the right choice to create the optimum spectacles for you.

My Vision Profile

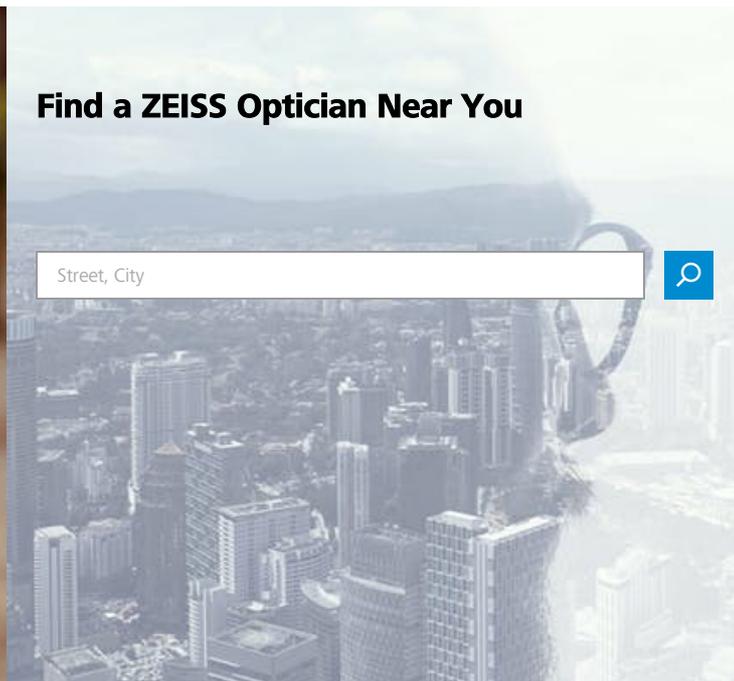
Determine your personal visual habits now and find your individualised lens solution.

[Check Your Vision Profile Now!](#)



Find a ZEISS Optician Near You

Street, City



Related Articles



Spectacles for managers – top quality lenses and frames with great customised visual comfort

Respectability, elegance and maximum functionality – spectacles for people in managerial positions have a lot to live



Everything in view at the computer workstation

Why special reading glasses can make your work easier



Spectacles for pilots – perfect vision even above the clouds

Whether professional or amateur, pilots need spectacles that allow them to see clearly, even in extreme lighting and weather conditions.



Better vision and more comfort at work

The new ZEISS office spectacle lenses give you more relaxed vision, whether you work at a desk, computer or a manufacturing machine.

up to.

Work Life 16 Oct 2017

Tags: Office and Computer Lenses

Work Life 16 Oct 2017

Tags: Office and Computer Lenses

Work Life 16 Oct 2017

Tags: Office and Computer Lenses

Work Life 16 Oct 2017

Tags: Office and Computer Lenses

Related Products



ZEISS cleaning solutions

Gentle, easy, effective.

[Learn more](#)



Office Lens Portfolio

Better vision for work and leisure

[Learn more](#)



DuraVision BlueProtect

The lens coating with a blue-light filter.

[Learn more](#)



Explore

Understanding Vision

Health + Prevention

Lifestyle + Fashion

Driving + Mobility

Sports + Leisure

Work Life

Help me choose

Distance + Reading Glasses

Varifocal Lenses

Sunglasses

Working Glasses

Sports Glasses

Glasses for Children

Lens Coatings

Lens Cleaning

Services

My Vision Profile

Online Vision Check

For Eye Care Professionals

Instruments + Technologies

ZEISS Spectacle Lenses

ZEISS Cleaning Solutions

