












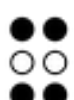


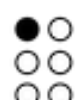

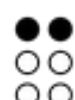



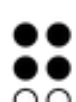






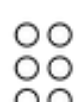

A	B	C	D	E	F	G	H	I	J
									
K	L	M	N	O	P	Q	R	S	T
									
U	V	W	X	Y	Z	1	2	3	4
									
5	6	7	8	9	0	'	,	#	space

Poškodenia sluchu a zraku

Mgr. Lucia Brezňaková

GVPT, Martin

Príčina

- následok choroby
- úrazu
- dané geneticky

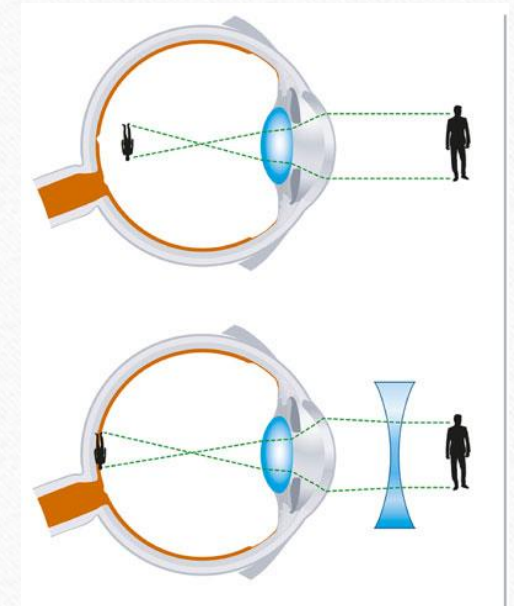
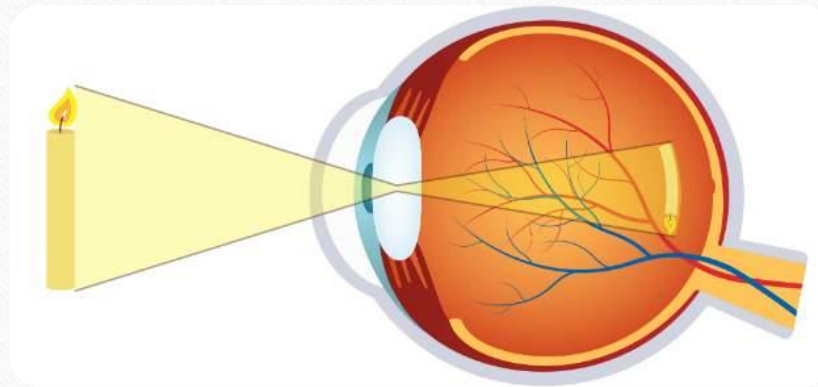




Poruchy zraku- refrakčné chyby

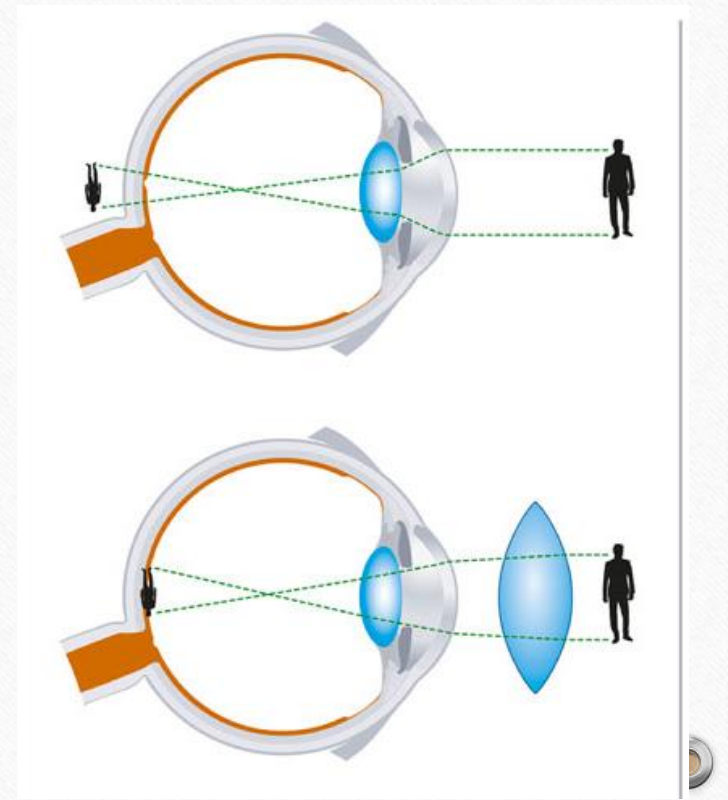
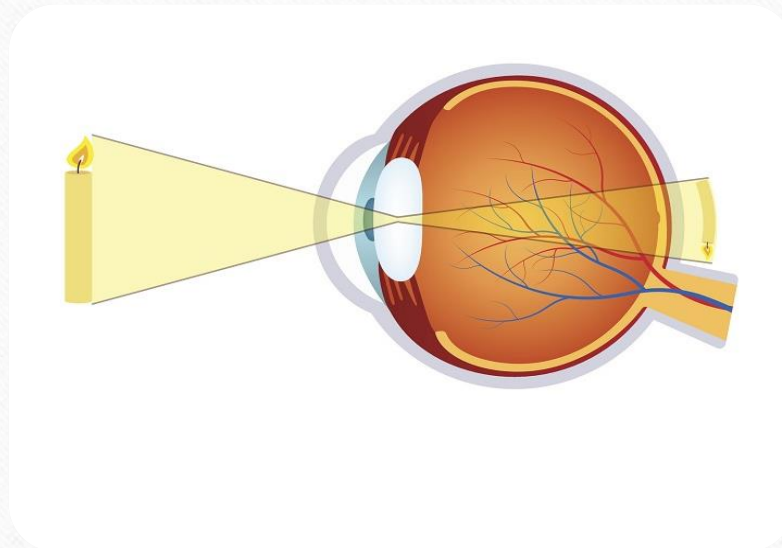
Krátkozrakosť

- Človek vidí zle do diaľky, blízke predmety vidí ostro
- Obraz predmetu dopadá pred sietnicu
- Korekcia rozptylkami
- Oko je predĺžené



Ďalekozrakosť

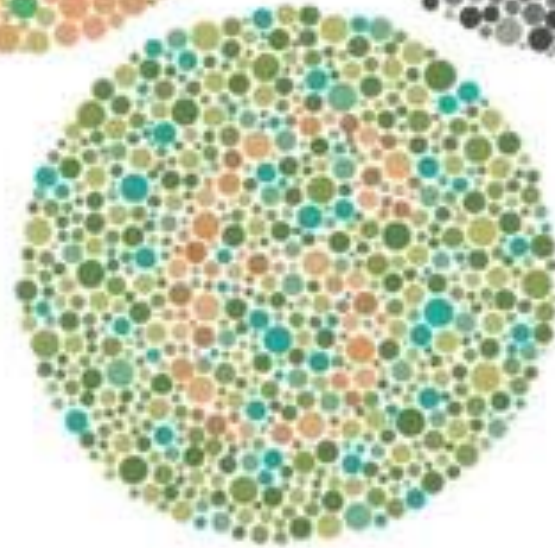
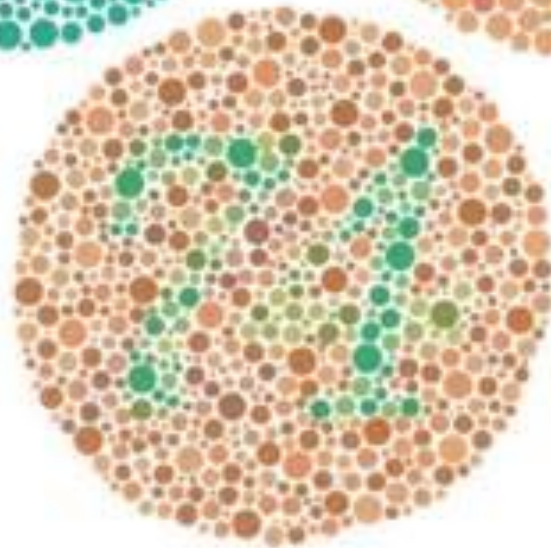
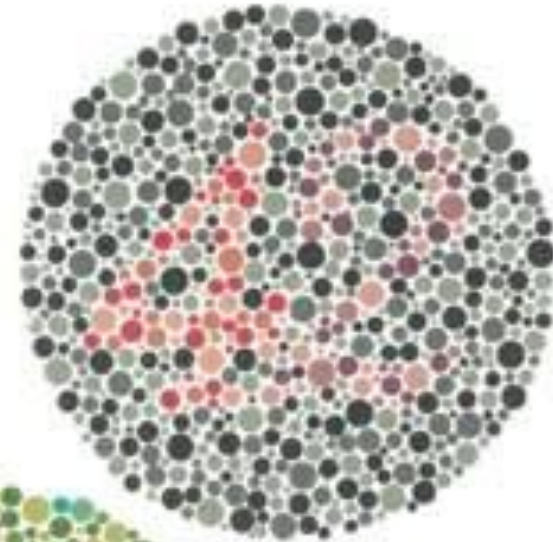
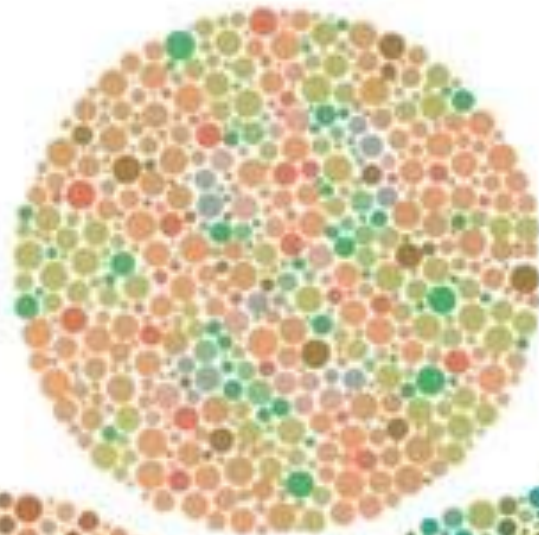
- Ćlovek zle vidí nablízko, vzdialené predmety ostro
- Obraz predmetu dopadá za sietnicu
- Korekcia spojkami
- Oko je skrátané



Farboslepost'

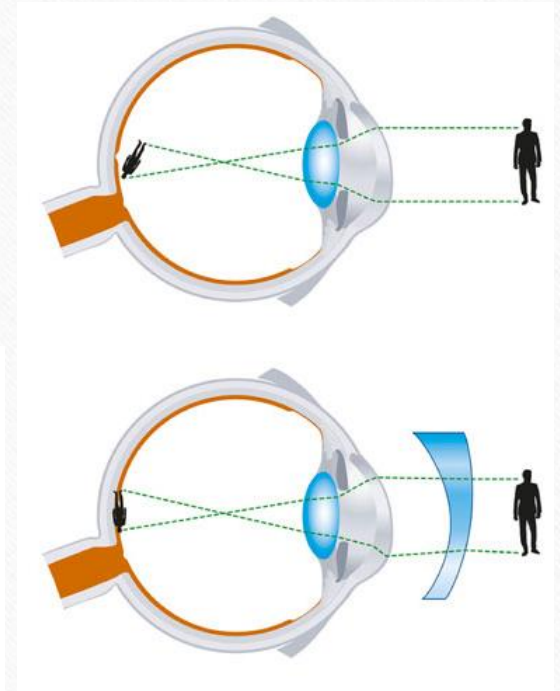
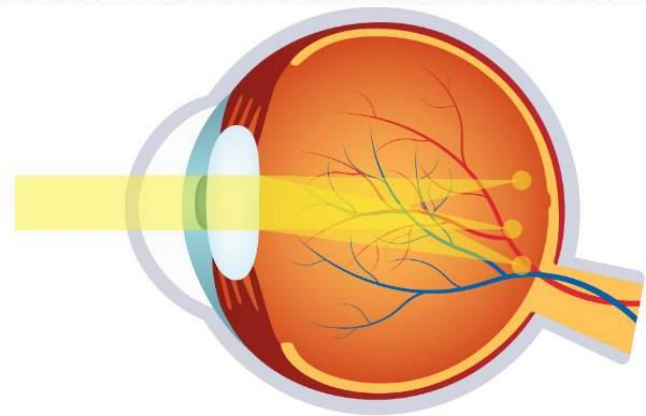


- Človek nerozozná niektoré druhy farieb
- Daltonizmus- neschopnosť rozlíšiť červenú od zelenej (dedičné ochorenia)
- Úplná farboslepost'- iba v odtieňoch sivej

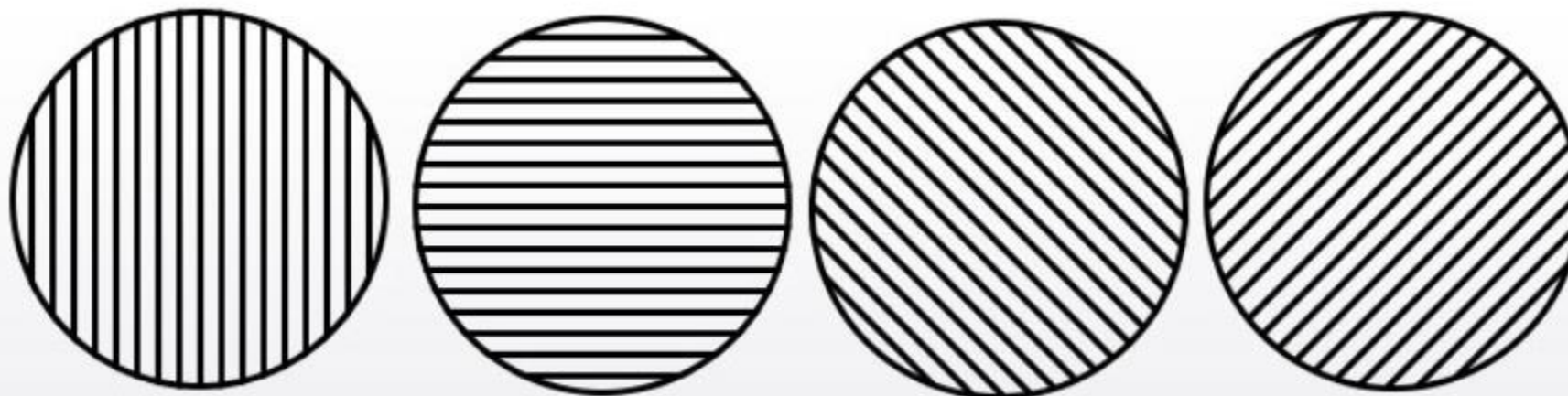


Astigmatizmus

- Nerovnomerné zakrivenie rohoviek alebo šošovky
- Lúče sa lámu na viacej miest sietnice
- Obraz na sietnici nerovnomerný deformovaný
- Korekcia torickými šošovkami



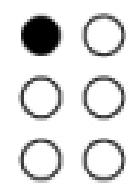
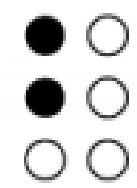
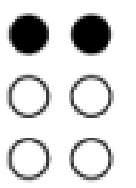




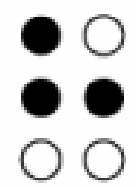
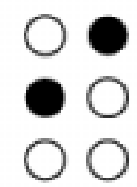
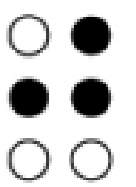




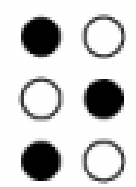

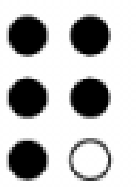
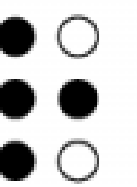
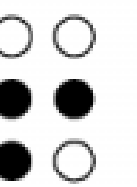


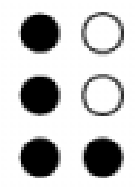
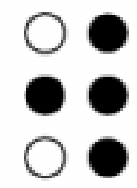
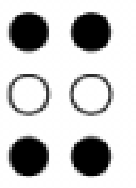
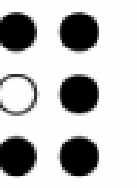


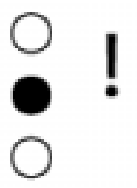
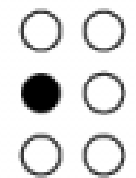
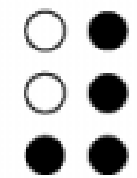
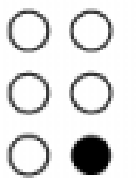
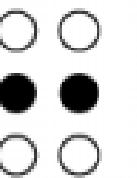


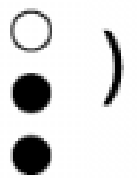
Skúška astigmatizmu

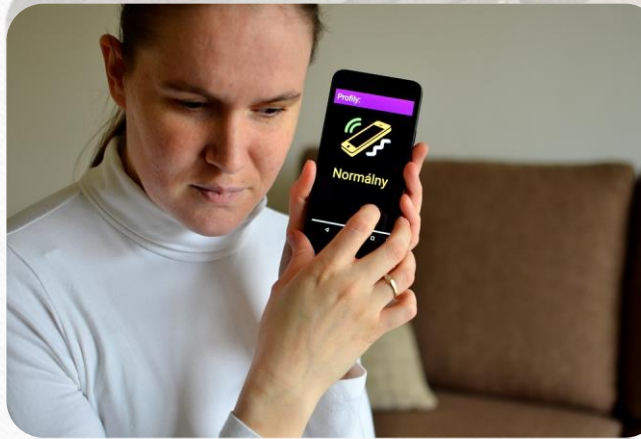
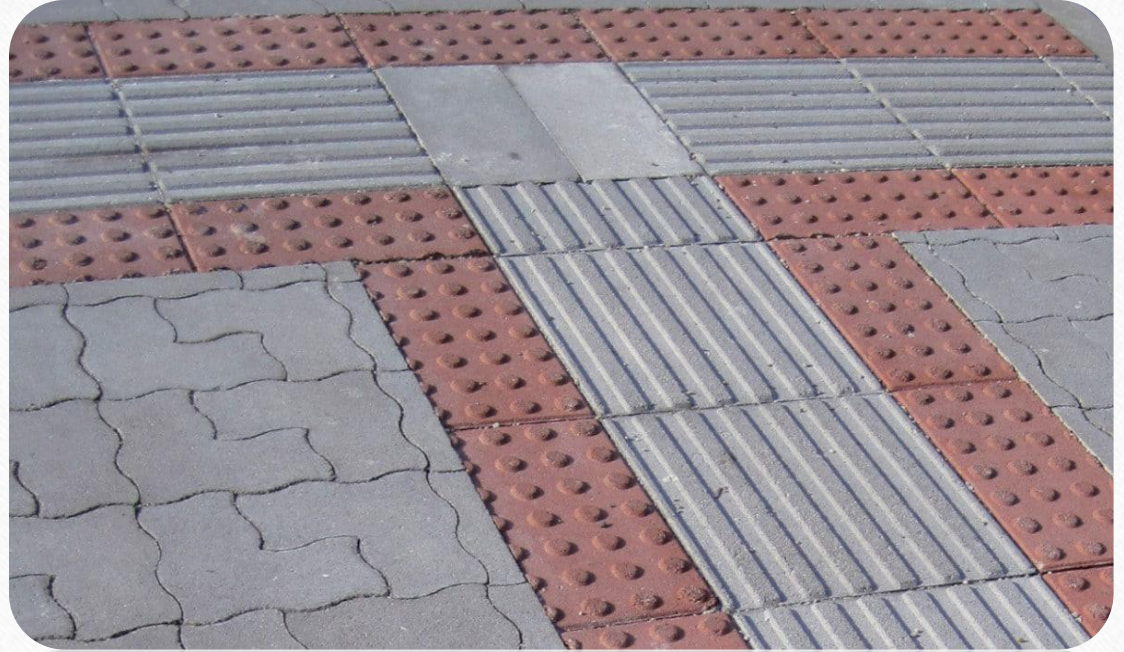


Slepota

- Dedičná alebo získaná strata schopnosti vnímať svetlo
- Braillovo písmo, slepecké psy, biele paličky
- Človek má vycibrené viac iné zmysly



 A	 B	 C	 D	 E	 F	 G
 H	 I	 J	 K	 L	 M	 N
 O	 P	 Q	 R	 S	 T	 U
 V	 W	 X	 Y	 Z	 ?	 !
 ,	 #	 .	 :	 /	 ()



Otestuj si
zrak

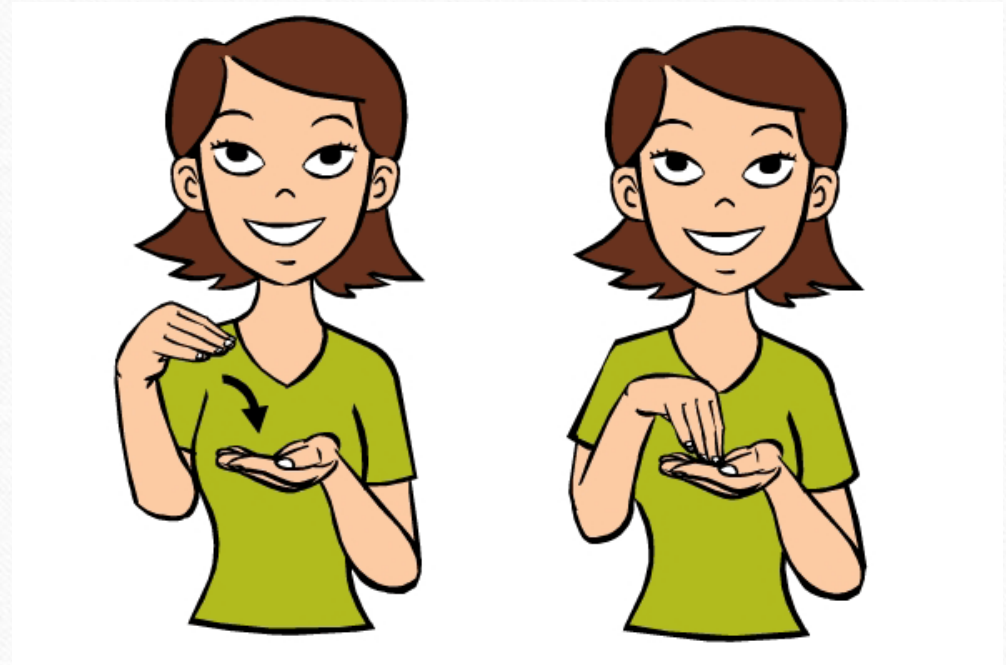


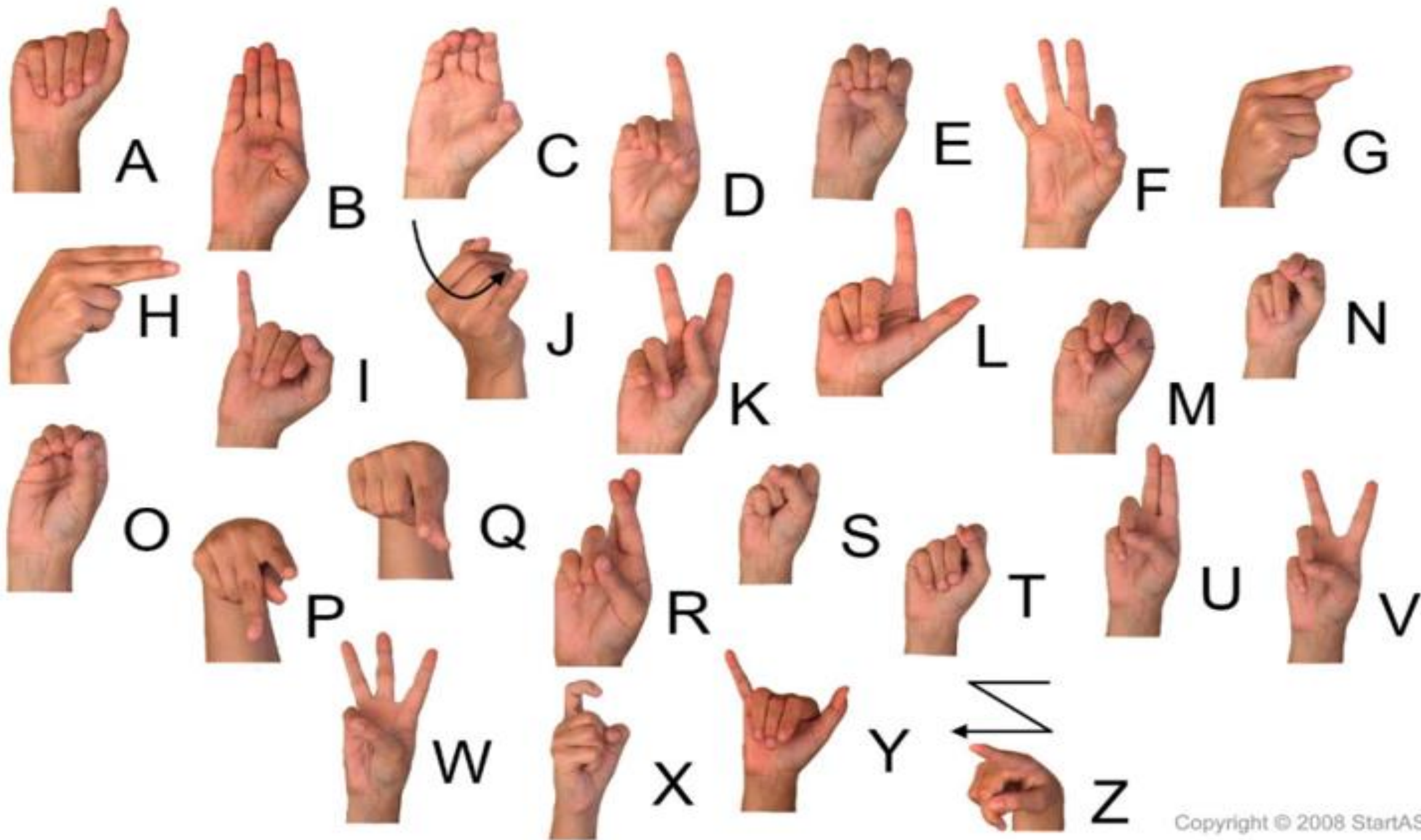


Poškodenia sluchu

Hluchota

- úplná strata sluchu
- posunková řeč





Nedoslýchavosť

- čiastočná strata sluchu
- načúvacie strojčeky



Starostlivosť o zrak a sluch

zrak	sluch
<ul style="list-style-type: none">• Čítať pri optimálnom svetle• Písať vo vzdialenosti asi 30 cm• Jest ovocie a zeleninu• Vyhýbať sa prašným miestam• Obmedziť čas pri počítači• Chrániť si oči(okuliarmi)	<ul style="list-style-type: none">• Nepočúvať hudbu nahlas• Nezdržiavať sa na hlučných miestach• Pravidelne čistiť uši

Zdroje

- <https://www.iclinic.sk/co-je-astigmatizmus-a-ako-ho-mozete-vyliecit>
- <https://www.zdravie.sk/choroba/20829/refracne-chyby-oka-dalekozrakost-kratkozrakost-astigmatizmus>
- <https://www.zamenej.sk/zlava/info/ocne-vysetrenie-pre-poistencov-poistovni-poliklinika-vajnorska-bratislava>
- <https://zdravoteka.sk/magazin/vsetky-preciny-hucania-v-usiach-najdete-tu-na-jednom-mieste/>
- <https://www1.pluska.sk/spravy/z-domova/poslanci-most-hid-navrhujju-kodifikovat-posunkovy-jazyk-je-to-plnohodnotny-jazyk>
- <https://sk.pinterest.com/pin/126171227034774806/>
- <https://pixabay.com/cs/images/search/braillovo%20p%C3%ADsmo/>