

ECLIPSE GLASSES INSTRUCTIONS

1. **Never look at the sun directly, or use any optical device to look at the sun without an appropriate filter, securely fitted.**
2. Do not touch the solar filter material at all – handle only the frames.
3. Should any pinholes or scratches be present allowing daylight to penetrate through the filter – do not use them.
4. Once the glasses have been checked for safety, find somewhere safe to view. Once the glasses are on, you cannot see anything else except the sun. Ideally, sit down to view the sun, or if standing, stay still while viewing - perhaps lean against a wall for support so that you are not a danger to yourself or others.
5. Put on the glasses before looking towards the sun. When finished, look away from the sun before removing glasses. Let your eyes adjust to the change in light levels before moving away.
6. Take regular breaks from viewing.
7. Eclipse glasses if kept in good condition and stored well can be used for future observing of the sun and solar eclipses.

DIFFRACTION GRATING PEEPHOLE INSTRUCTIONS

1. **Do not use this device to look at the sun.**
2. The light that we see is called visual light. It is made up of many colours ranging from reds and oranges, through greens to blues and violets. You may have seen this when a rainbow forms in the sky. A diffraction grating is a device that splits visual light up into its rainbow colours.
3. Do not touch the diffraction grating material – handle only the cardboard frame.
4. Find a light source (**but not the sun**) and hold the peephole up to one eye and look through it. You may find it easier to close the other eye. You should see a rainbow effect. This is the diffraction grating splitting the visual light up into its component colours or wavelengths.
5. Look at different direct and reflected light sources and note the different effects.
6. Take care when looking through the peephole that you do not become unsteady, it is best to stand still and not walk about.