

Health and Safety in VR

The health and safety warnings below are included to highlight some of the hazards you should be aware of and the appropriate precautions that you should take. The complete list of health and safety warnings for the Oculus Rift are periodically updated for accuracy and you can find the latest version here: www.oculus.com/warnings

1. Before putting on the headset, check your environment for safety. Do not leave items on the ground which may become trip hazards. Use caution to avoid injury and allow sufficient space all around and above you for full body motion.
2. Make sure the headset is secured comfortably on your head, and that you see a single, clear image.
3. Make sure the headset and sensor cables are not choking or tripping hazards.
4. Always use included wrist straps to secure the controller to your wrist during use.
5. When using the headset, you will lose the ability to see and hear what is actually around you. Remember that objects that appear in VR are not in the real world.
6. Make sure that the volume within the headset is set so that you can maintain awareness of your surroundings and reduce the risk of hearing damage.
7. A comfortable VR experience requires an unimpaired sense of motion and balance. Do not use the headset when you are: tired; unwell; or under the influence of alcohol or drugs as this can increase your susceptibility to adverse symptoms.
8. Stop use if you experience any discomfort or health reactions.
9. Take at least a 10 to 15 minute break every 30 minutes, even if you don't think you need it. Each person is different, so take more frequent and longer breaks if you feel discomfort. You should decide what works best for you.

Health & Safety Warnings

HEALTH & SAFETY WARNINGS: To reduce the risk of personal injury, discomfort or property damage, please ensure that all users of the headset read the warnings below carefully before using your VR system.

⚠ WARNING

Visit the Oculus Safety Center at support.oculus.com for more information on the safe use of your VR system.

Throughout this Guide, we include icons to illustrate and orient you to health and safety issues. The icons are not a substitute for the text of this Guide, so please use them both together.

⚠ WARNING Before Using Your VR System

- Read and follow all setup and operating instructions provided with the headset.
- Review the hardware and software recommendations for use of the headset. Risk of discomfort may increase if recommended hardware and software are not used.
- Your headset and software are not designed for use with any unauthorized device, accessory, software and/or content. Use of an unauthorized device, accessory, software and/or content or hacking the device, software or content may result in injury to you or others, may cause performance issues or damage to your system and related services, and may void your warranty.
- **Headset Adjustment.** To reduce the risk of discomfort, the headset should be balanced and centered. Please adjust the top strap and adjust the headband by twisting the fit wheel on the back to ensure comfortable placement of the headset and that you see a single, clear image. Adjust the lenses by pressing the button located on the right underside of your headset to accommodate glasses or improve comfort. Re-check the settings before resuming use after a break, to avoid any unintended changes to any adjustments.
- **Content Selection.** Virtual reality is an immersive experience that can be intense. Frightening, violent or anxiety provoking content can cause your body to react as if it were real. Carefully choose your content if you have a history of discomfort or physical symptoms when experiencing these situations. Oculus provides comfort ratings for some content, and you should review the comfort rating for your content before use. (For more details on comfort ratings and how they can assist in providing a comfortable experience, go to <https://support.oculus.com/comfort>). If you have a history of discomfort when exposed to certain content or experiences or are new to virtual reality, start with content rated Comfortable, before trying Moderate, Intense or Unrated content.
- **Use Only When Unimpaired.** A comfortable virtual reality experience requires an unimpaired sense of motion and balance. Do not use the headset when you are:



- Tired;
- Need sleep;
- Under the influence of alcohol or drugs;
- Hung-over;
- Experiencing or have digestive problems;
- Under emotional stress or anxiety; or
- Suffering from cold, flu, headaches, migraines, or earaches as this can increase your susceptibility to adverse symptoms.

⚠ WARNING Pre-Existing Medical Conditions

- Consult with your physician before using the headset if you are pregnant, elderly, have pre-existing binocular vision abnormalities or psychiatric disorders, or suffer from a heart condition or other serious medical condition.
- **Seizures.** Some people (about 1 in 4,000) may have severe dizziness, seizures, eye or muscle twitching or blackouts triggered by light flashes or patterns, and this may occur while they are watching TV, playing video games or experiencing virtual reality, even if they have never had a seizure or blackout before or have no history of seizures or epilepsy. Such seizures are more common in children and young people. Anyone who experiences any of these symptoms should discontinue use of the headset and see a doctor. If you previously have had a seizure, loss of awareness, or other symptom linked to an epileptic condition, you should see a doctor before using the headset.
- **Interference with Medical Devices.** The headset and controller(s) may contain magnets or components that emit radio waves, which could affect the operation of nearby electronics, including cardiac pacemakers, hearing aids and defibrillators. If you have a pacemaker or other implanted medical device, do not use the headset and controller without first consulting your doctor or the manufacturer of your medical device. Maintain a safe distance between the headset and controller and your medical devices. Stop using the headset and/or controller(s) if you observe a persistent interference with your medical device.

⚠ WARNING Age Requirement/Children

This product is not a toy and should not be used by children under the age of 13, as the headset is not sized for children and improper sizing can lead to discomfort or adverse health effects, and younger children are in a critical period in visual development. Adults should make sure children (age 13 and older) use the headset in accordance with these health and safety warnings, including making sure the headset is used as described in the Before Using Your VR System and the Use Only in a Safe Environment section. Adults should monitor children age 13 and older who are using or have used the headset for any of the symptoms described in these health and safety warnings (including those described under the Discomfort and Repetitive Stress Injury sections), and should limit the time children spend using the headset and ensure they take breaks during use. Prolonged use should be avoided, as this could negatively impact hand-eye coordination, balance, and multi-tasking ability. Adults should monitor children closely during and after use of the headset for any decrease in these abilities.

