

Virtual Reality Safety Considerations

SAFE SPACE

- Clear a safe area all around you and always be aware of your surroundings before starting and while using the headset.
- Choose a comfortable chair.
- Follow on screen instructions to define your play area or 'guardian system'.
- Never use the headset while outside, running, driving or handling hazardous objects.
- Only use the headset somewhere where other people or pets will not enter you area.

PRE EXISTING MEDICAL CONDITIONS

- Consult with your doctor before using the headset if you are pregnant, elderly, have pre-existing binocular vision abnormalities or psychiatric disorders or suffer from a heart condition of other serious medical conditions.
- Seizures. If you had previously had a seizure, loss of awareness or other symptoms linked to an epileptic condition you should speak to your doctor before using the headset.
- Interference with medical devices. If you have a pacemaker or other implanted medical device, consult your doctor before using the headset or controllers.

ONLINE SAFETY

- Learners should only use the headsets for accessing appropriate software.
- Do not allow learners to create their own personal accounts, use the headsets for gaming or social activities, or to download and use additional software.

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BEST PRACTICES

- VR headsets should not be used for children under the age of 13.
- Ease into using the headset to allow yourself to adjust to the headset and specific experience. Take a break at least every 30 minutes while becoming accustomed to the headset.
- Remain seated when completing a Bodyswaps module.
- To reduce the risk of discomfort, the headset should be balanced and centred. Adjust the rear and top straps to ensure comfortable placement of the headset.
- If you feel uncomfortable, remove the headset immediately.
- Avoid dropping the headsets or placing them somewhere they can overheat.
- Do not eat or drink while using the headset.

