



T H E V I E W

## Health & Safety Usage Guide

All users of a virtual reality headset must read the Oculus Quest 2 user guide before using the headset in order to reduce the risk of personal injury, discomfort or property damage and other potential hazards and for important information related to your health and safety before using the 360 Virtual Reality Experiences on a headset.

Before using the headset, please 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. You can find these instructions at <https://support.oculus.com/quest-setup>.

Your headset and the App are not designed for use with any unauthorised device, accessory and/or software. Use of an unauthorised device, accessory and/or software may result in injury to you or others, may cause performance issues or damage to your system and related services.

The headset should be cleaned before and after use.

The virtual reality experience distracts you from the real world and may expose you to certain dangers. Use caution to avoid injury and remain seated at all times unless the particular 360 Virtual Reality Experience requires you to stand.

The headset produces an immersive virtual reality experience that distracts you from, and completely blocks your view of, your actual surroundings. Review surroundings and clear obstacles before use. Take steps to prevent pets, children, or other obstacles from entering the area during use.

Some people may experience motion sickness, nausea, disorientation, blurred vision, or other discomfort while viewing virtual reality content.

The View application may potentially trigger seizures for people with photosensitive epilepsy. Viewer discretion is advised. If you experience any of the above-mentioned symptoms, stop using the application immediately and remove the VR headset.

If you experience any of the following symptoms, please stop using the application immediately and remove the VR headset:

Seizures, loss of awareness, eye strain, blurred, altered or double vision or other visual abnormalities, dizziness, eye or muscle twitching, disorientation, impaired balance, unexpected movements, discomfort or pain in the head or eyes, drowsiness, fatigue, lightheadedness, problems with hand-eye coordination, increased salivation, excessive sweating, sense of nausea or any symptoms similar to motion sickness.

The headset is worn next to your skin and scalp. Stop using the headset if you notice swelling, itchiness, skin irritation or other skin reactions. If symptoms persist, contact a doctor.

Some people 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,



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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. Anyone who experiences any of these symptoms should discontinue use of the headset and see a doctor. Anyone who previously has had a seizure, loss of awareness, or other symptom linked to an epileptic condition should see a doctor before using the headset.

We recommend seeing a doctor before using the headset if you are pregnant, elderly, have pre-existing binocular vision abnormalities or other serious medical conditions. Prolonged use should be avoided, as this could negatively impact hand-eye coordination, balance, and multi-tasking ability.

Remember that the objects you see in the virtual environment do not exist in the real environment, so don't sit or stand on them or use them for support. Serious injuries can occur from tripping, running into or striking walls, furniture or other objects, so clear an area for safe use before using the headset. Take special care to ensure that you are not near other people, objects, stairs, balconies, open doorways, windows, furniture, open flames, ceiling fans or light fixtures or other items that you can bump into or knock down when using, or immediately after using, the headset. Remove any tripping hazards from the area before using the headset. Remember that while using the headset you may be unaware that people may enter your immediate area.

Do not handle sharp or otherwise dangerous objects while using the headset.

Never wear the headset in situations that require attention, such as walking, bicycling, or driving. Make sure the headset is level and secured comfortably on your head, and that you see a single, clear image.

Make sure any headphone cables if used are not tripping hazards.

Ease into the use of the headset to allow your body to adjust; use for only a few minutes at a time at first, and only increase the amount of time using the headset gradually as you grow accustomed to virtual reality. Looking around when first entering virtual reality can help you adjust to any small differences between your real-world movements and the resulting virtual reality experience.

Due to the immersive nature of the virtual reality experience, do not use the headset with the sound at a high volume so that you can maintain awareness of your surroundings and reduce the risk of hearing damage.