

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.



Play Space Environment

⚠ WARNING Risks associated with freedom of movement

Your headset tracks your movement in six degrees of freedom (6DOF): your movement forward and backward, up and down, left and right, while also tracking the rotational movement of your head. This allows your movement in your physical world to be translated into movement in your virtual world.



There are additional responsibilities you should follow to have a safe experience while exploring your virtual world.

Use Only in a Safe Environment: The headset produces an immersive virtual reality experience that distracts you from and completely blocks your view of your actual surroundings.

⚠ WARNING



Setting up Your Safe Play Space

- **Always be aware of your surroundings before beginning use and while using the headset. Use caution to avoid injury.**
- You are responsible for creating and maintaining a safe environment for use at all times.
- Only use your headset indoors.
- Serious injuries can occur from tripping or running into or striking walls, furniture, other objects or people, so clear an area for safe use before using the headset.
- Take special care to ensure that you are not near items that you may hit or strike, or areas which may cause you to lose your balance when using—or immediately after using—the headset, like other people, objects, stairs or steps, ramps, sidewalk(s), balconies, open doorways, windows, furniture, open flames (like candles or fireplaces), ceiling fans or light fixtures, televisions or monitors, or other things.
- Proper use of the Guardian system is important for setting up a safe environment. Please set up the Guardian system prior to use as described in the Guardian system section below.
- Consider having another person act as a spotter while you move around in your virtual world.
- Take appropriate steps to prevent people (particularly children) or pets who do not understand that your perceptions are limited from entering your play space.



Interaction of the Real World and the Virtual Environment

- 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 and using the input device when first entering virtual reality can help you adjust to any small differences between your real-world movements and the resulting virtual reality experience.

- 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 always take regular breaks and you should decide what break schedule works best for you.



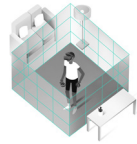
- Move carefully while you explore the virtual world. Fast or abrupt motion may cause a collision or loss of balance.
- Use of the headset and Oculus controllers may result in a loss of balance. If your balance feels affected, remove your headset and take a break until normal balance returns.
- Remember that the objects you see in the virtual environment do not exist in the real world, so don't sit or stand on them or use them for support.
- Remain seated unless your game or content experience requires standing or moving around your play space. If you are using the headset while seated, make sure you are seated on a secure surface and stable platform.
- Use of the headset with glasses may increase the risk of facial injury if you fall or hit your face.
- While using the headset with controllers, you may extend your arms fully out to the side or over your head, so make sure those areas are clear of objects or potential hazards.
- Make sure your play space has a level, firm, and even surface without loose carpeting or rugs, uneven surfaces, or similar hazards. Remove any tripping hazards from the play space before using the headset. Take care that the cable connecting your headset to a computer does not become a choking or tripping hazard.
- Remember that while using the headset you may be unaware that people and pets may enter your play space. Secure your play space while in use, and if you sense something or someone has entered your play space, remove your headset and pause your VR experience to make sure your play space is still safe.
- Your view of your surroundings is completely blocked while you are using the headset, so do not hold or handle things that are dangerous, may injure you, or may be damaged.
- The rings on your controllers extend away from your hands. Use caution when moving your hands and arms so you do not strike yourself with the controllers.

Prohibited Uses

- The headset is designed for use indoors. Use of the headset outdoors creates additional and uncontrolled hazards, like uneven and slippery surfaces and unexpected obstacles, vehicles (traffic), persons or pets. Also, the Guardian system (see below) may not work properly outdoors.
- Never wear the headset in situations that require attention, such as running, bicycling, or driving.
- Do not use the headset while in a moving vehicle such as a car, bus, or train, as variation in speed (velocity) or sudden movements may increase your susceptibility to adverse symptoms.

The Guardian System.

- The headset contains a Guardian system feature, a virtual boundary system designed to assist you with staying in your play space and avoiding collisions with objects (like furniture or walls) in your physical world while you are in your virtual environment. Once you have properly defined your play space according to the on-screen instructions from your device and the instructions in this Guide, the Guardian system will help you to be aware of the boundaries you have defined for your play space. It will also alert you when you are getting close to those boundaries.



- The space you define with the Guardian system should be an area that is clear and away from potential hazards. Please ensure you have a minimum of 2 meters × 2 meters or 6.5 feet × 6.5 feet of obstruction-free floor space. Make sure you leave additional space as a buffer between your play space boundaries and potential hazards (like furniture or walls) so you do not contact hazards if your movement carries you beyond the play space, if you lose your balance or trip, or if you quickly extend your arms or hands beyond your play space during active play.
- It is important that you make sure the area within the Guardian system boundary is clear of obstacles and hazards as described in this Guide.
- The Guardian system only assists if you enable the Guardian system whenever you use the headset. You must also properly define your play space in accordance with the on-screen instructions and this Guide each time you change any aspect of your play space. Before using the headset each time, confirm that Guardian is enabled, your play space is properly defined, and that no new potential hazards were introduced within your play space.
- The Guardian system is only a guide, and may not always show you the exact boundaries of your play space. The Guardian system may not track you properly in areas with featureless walls, glass, or mirrors. You are still responsible for using the headset in a safe environment as described in this Guide.
- The Guardian system will only alert you to the boundary of your play space. It cannot prevent you from moving out of your play space. For example, it will not prevent you from running into or contacting a wall, or falling through a door or window or down a stairwell. Take particular care to make sure that there are no hazardous areas (stairwells, windows, etc.) or objects immediately outside your play space that you might encounter if you do not react quickly enough to the Guardian system




- The Guardian system does not identify a boundary over the top of your play space, so take special care to identify that the area overhead is clear of potential hazards like light fixtures and ceiling fans. It will also not alert you to floor hazards, so follow the instructions for a safe floor surface in this Guide
- The Guardian system does not identify everything in your play space, and will not alert you to items on furniture, like lamps, or other people or pets that may enter your play space after you have donned your headset.
- Follow all on screen notifications for redefining the boundaries of your play space or the proper operation of the Guardian system if prompted to do so.



- Moving at high speeds may not permit you to react in time to stay in your play space, even if the Guardian system alerts you, so make sure you move slowly enough to react to any Guardian system alerts.
- The Guardian system may not work properly if your headset is dropped or damaged. Inspect your headset before use, and contact Oculus Support if the Guardian system is not working properly.
- You can get more information about the Guardian system at <https://support.oculus.com/guardian>.
- **Passthrough Camera.** Your headset is equipped with a “passthrough” camera feature which uses a camera to display your physical surroundings on your headset screen. The passthrough camera feature when enabled is designed to alert you if you go outside of your defined play space and display your physical world. It is also used to define or confirm your play space boundaries in connection with the Guardian system.
- The passthrough camera may lag behind (latency) what is actually occurring in your physical world, and your field of view while using the passthrough camera is smaller than your normal field of view when you are not using a headset. There may also be an error in depth perception when viewing the physical world through the passthrough camera.
- The passthrough camera is designed only for brief use, including to alert you to real world hazards when you leave your defined play space or to set up your play space in the Guardian system. You should not engage in any prolonged use of the passthrough camera, or use it to navigate your real world (see below).
- Take the following precautions when using the passthrough camera.
 - Move slowly and carefully whenever you are using the passthrough feature.
 - Do not use the passthrough camera to navigate the real world, other than for short distances (no more than 2 meters) to return to your play space. Do not attempt to use the passthrough camera to navigate areas that are not flat or contain hazards. Remove your headset so you have an unobstructed view.
 - Do not walk up or down stairs or sloped (inclining or declining) surfaces while using your headset’s passthrough camera.
 - Always remove your headset for any real-world situation that requires attention or coordination.
 - If the passthrough camera view fades out, take off your headset and return to your play space.
 - The view of the physical world displayed by the passthrough camera may cause temporary effects if used for a long period of time. Do not use the passthrough feature for more than a few minutes.
 - Effects from the use of the passthrough camera may put you at an increased risk of injury when engaging in normal activities in the real world. Do not drive, operate machinery, or engage in other visually or physically demanding activities that have potentially serious consequences (i.e., activities in which experiencing any symptoms could lead to death, personal injury, or damage to property), or other activities that require unimpaired balance and hand-eye coordination (such as playing sports or riding a bicycle, etc.) until you have fully recovered from any effects.



Hearing Damage

-  To prevent possible hearing damage, do not listen at high volume levels for long periods.

WARNING System Alerts

For your protection, you should take immediate action when prompted by system alerts. The headset may provide you with the following alerts:

- **Sound Volume Alert.** A visual alert in the event of high volume levels. If that alert appears, lower the sound volume to reduce the risk of hearing loss.
- **Outside of Play Space Alert.** A visual alert if you are outside of your play space. If that alert appears, remove your headset or go back to your play space to continue your experience, if desired.
- **Tracking Error System Alerts.** A visual alert if the headset's tracking system is not operating properly. Note if the headset is experiencing tracking issues, then the Guardian system may not be functioning properly or may be disabled. If this alert appears, remove the headset and move to a safe space. Afterwards, follow the instructions provided on-screen to address the issue.

WARNING Discomfort

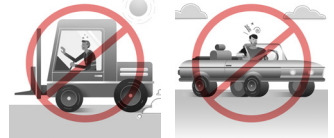
- Immediately discontinue using the headset if any of the following symptoms are experienced:
 - Seizures;
 - Loss of awareness;
 - Eye strain;
 - Eye or muscle twitching;
 - Involuntary movements;
 - Altered, blurred, or double vision or other visual abnormalities;
 - Dizziness;
 - Disorientation;
 - Impaired balance;
 - Impaired hand-eye coordination;
 - Excessive sweating;
 - Increased salivation;
 - Nausea;
 - Lightheadedness;
 - Discomfort or pain in the head or eyes;
 - Drowsiness;
 - Fatigue;
 - Any symptoms similar to motion sickness.

- **Just as with the symptoms people can experience after they disembark a cruise ship, symptoms of virtual reality exposure can persist and become more apparent hours after use.** These post-use symptoms can include the symptoms above, as well as excessive drowsiness and decreased ability to multi-task. These symptoms may put you at an increased risk of injury when engaging in normal activities in the real world.

- Do not drive, operate machinery, or engage in other visually or physically demanding activities that have potentially serious consequences (i.e., activities in which experiencing any symptoms could lead to death, personal injury, or damage to property), or other activities that require unimpaired balance and hand-eye coordination (such as playing sports or riding a bicycle, etc.) until you have fully recovered from any symptoms.



- Do not use the headset until all symptoms have completely subsided for several hours.
- Be mindful of the type of content that you were using prior to the onset of any symptoms because you may be more prone to symptoms based upon the content being used. Review the comfort rating for the content you were using, and consider using content with a less intense comfort rating.
- See a doctor if you have serious and/or persistent symptoms.



WARNING Electrical Safety

Your headset is sensitive electronic equipment. Improper use of it, including improper connection to a computer, may result in fire, explosion, or other hazard. Follow these instructions to reduce the risk of injury to you or others, or damage to your product or other property.

- Only power and run your headset with the included cable or an approved cable. Do not use other cables or power adapters. If you are unsure about whether a cable or power adapter is compatible with your headset, contact Oculus Support.
- Periodically inspect connection cords and connector tips for damage or signs of wear. Do not use your cable if prong(s), enclosure, connector part(s), connector cable(s), or any other part is damaged, cracked, or exposed.
- Do not use external battery packs or power sources other than authorized accessories to power the headset.
- Avoid dropping your headset. Dropping it, especially on a hard surface, can potentially cause damage to the headset or cords. Inspect your headset for visual damage before each use. If you suspect damage to your headset or cords, contact Oculus Support.
- Do not let your headset get wet or come in contact with liquids. If the headset gets wet, contact Oculus Support, even if the headset appears to be working normally.
- Do not place your headset in areas that may get very hot, such as on or near a cooking surface, cooking appliance, iron or radiator or in direct sunlight. Excessive heating can damage the headset and could create a risk of injury. Do not dry a wet or damp headset with an appliance or heat source such as a microwave oven, hair dryer, iron or radiator. Avoid leaving your headset in a car in high temperatures. Follow any thermal warnings and advisory that may appear on your device's screen.

- Dispose of your headset properly. Do not dispose of the headset in a fire or incinerator. Dispose of separately from household waste. Refer to <https://support.oculus.com> for proper maintenance, replacement, and disposal of your headset.

⚠ WARNING Repetitive Stress Injury

Using the device may make your muscles, joints, neck, hand(s), or skin hurt. If any part of your body becomes tired or sore while using the headset or its components, or if you feel symptoms such as tingling, numbness, burning or stiffness, stop and rest for several hours before using it again. If you continue to have any of the above symptoms or other discomfort during or after use, stop use and see a doctor.

⚠ WARNING Accessories

- Your headset and software are not designed for use with any unauthorized accessory. Use of an unauthorized accessory 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.
- Refer to accessory instructions for proper installation, warnings, and use of included and authorized accessories.
- Only use recommended batteries and charging systems for authorized accessories.
- Install and use wrist straps or lanyard with accessories when available to secure to your wrist when in use.
- Use lanyards with all tracked accessories so they do not become loose projectiles.

⚠ WARNING Controller Batteries

Your controllers contain AA batteries.

- **CHOKING HAZARD.** The remote is not a toy. It contains batteries, which are small parts. Keep away from children under 3.
- Keep new and used batteries away from children. If the battery compartment does not close securely, stop using the product and keep it away from children until it can be repaired.
- Keep in original package until ready to use. Properly dispose of used batteries promptly.
- Battery in the controller is user-replaceable
- Do not mix old and new batteries. Replace all batteries of a set at the same time.
- Do not disassemble, pierce, or attempt to modify batteries.
- Risk of fire. Batteries can explode or leak if installed backwards, disassembled, charged, crushed, mixed with used or other battery types, or exposed to fire or high temperatures.
- Remove exhausted batteries from product promptly. Remove batteries before storage or extended periods of non-usage. Exhausted batteries may leak and damage your controllers.
- Refer to <https://support.oculus.com> for proper maintenance, replacement, and disposal of batteries.

⚠ WARNING Electrical Shock

To reduce risk of electric shock:

- Do not modify or open any of the components provided.
- Do not insert any metal, conductive, or any foreign objects into any of the openings.
- Do not expose the device to water or fluid.

⚠ CAUTION VR System Care

- Do not use your system if any part is broken or damaged.
- Do not attempt to repair any part of your system yourself. Repairs should only be made by an Oculus authorized servicer.
- To avoid damage to your headset or controllers, do not expose them to moisture, high humidity, high concentrations of dust or airborne materials, temperatures outside their operating range or direct sunlight.
- To avoid damage, keep your headset, cables and accessories away from pets.



⚠ CAUTION Contagious Conditions

To avoid transferring contagious conditions (like pink eye), do not share the headset with persons with contagious conditions, infections or diseases, particularly of the eyes, skin or scalp. The headset and controller(s) should be cleaned between each use with skin-friendly non-alcohol, non-abrasive antibacterial wipes and with a dry microfiber cloth for the lenses. Do not use liquid or chemical cleansers on the lenses. Replace the facial interface on the headset if it becomes worn or cannot be cleaned.

⚠ CAUTION Skin Irritation

The headset is worn next to your skin and scalp. Stop using the headset if you notice swelling, itchiness, skin irritation, loss of hair or other skin reactions. Similarly, with the hand-controller, please stop use if you observe any skin irritation or reaction. If symptoms persist, contact a doctor.

⚠ CAUTION No Direct Sunlight on Lenses

Take particular care to avoid direct sunlight on the lenses. For example, do not store or carry the headset so the lenses are exposed to direct sunlight. Direct sunlight on the lenses for even brief periods may damage the optics and display.



NOTICE Not a Medical Device

The headset and accessories are not medical devices, and are not intended to diagnose, treat, cure, or prevent any disease.