

Health and Safety

* These health & safety warnings are periodically updated for accuracy and completeness. Check www.oculus.com/warnings for the latest version.

WARNING

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 THE HEADSET.

WARNING Before Using the Headset:

- 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 and/or software. Use of an unauthorized 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.
- To reduce the risk of discomfort, adjust the inter-pupillary distance (IPD) for each user before use of the headset.
- 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; have digestive problems; under emotional stress or anxiety; or when suffering from cold, flu, headaches, migraines, or earaches, as this can increase your susceptibility to adverse symptoms.
- We recommend seeing a 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 or other serious medical condition.

WARNING Seizures:

Some people (about 1 in 4000) 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 under the age of 20. 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.

WARNING Children:

This product 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 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 the Headset section and the 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.

WARNING General Precautions:

To reduce the risk of injury or discomfort you should always follow these instructions and observe these precautions while using the headset:

- **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.
 - ▶ **Always be aware of your surroundings before beginning use and while using the headset. Use caution to avoid injury.**
 - ▶ Use of the headset may cause loss of balance.
 - 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.
 - **Remain seated unless your game or content experience requires standing.**



DO



DON'T



DO



DON'T

- ▶ 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 and pets 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 the headset and sensor cables are not choking or 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 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.
- Do not use the headset while in a moving vehicle such as a car, bus, or train, as this can increase your susceptibility to adverse symptoms.
- 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.
- Listening to sound at high volumes can cause irreparable damage to your hearing. Background noise, as well as continued exposure to high volume levels, can make sounds seem quieter than they actually are. 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.

⚠ 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; or 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. Make sure you have properly configured the headset before resuming use.
- 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.
- See a doctor if you have serious and/or persistent symptoms.



⚠ WARNING Repetitive Stress Injury:

Using the device can make your muscles, joints 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 Interference with Medical Devices

The Headset, Sensor, and Remote 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 without first consulting your doctor or the manufacturer of your medical device. Maintain a safe distance between the headset and your medical devices, and stop using the headset if you observe a persistent interference with your medical device.

⚠ WARNING Remote

The remote supplied with your headset contains a coin/button cell battery.

- **CHOKING HAZARD.** The simple input device is not a toy. It contains a battery, which is a small part. Keep away from children under 3.
- **DO NOT INGEST BATTERY. CHEMICAL BURN HAZARD**
- If the coin/button cell battery is swallowed, it can cause severe internal burns and potential perforation of esophagus in just 2 hours and can lead to death.
- If you think batteries might have been swallowed or placed inside any part of the body, seek medical attention, and have your doctor call the battery ingestion hotline at (202)625-3333.
- 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.
- Keep in original package until ready to use. Dispose of used batteries promptly.
- Risk of fire. Batteries can explode or leak if installed backwards, disassembled, charged, crushed, missed with used or other battery types, or exposed to fire or high temperature.
- Warning required by the State of California: Perchlorate Material - special handling may apply, see www.dtsc.ca.gov/hazardouswaste/perchlorate.
- Refer to www.oculus.com/support for proper maintenance, replacement, and disposal of batteries.

⚠ WARNING Controller

- Your headset may have come with a third-party controller, consult the manufacturer for health and safety warnings for the controller.
- If available, use wrist straps with controllers to secure the controller to your wrist when in use.
- Do not install batteries backwards, charge, put in fire or mix with used or other battery types as this may result in battery damage or leak causing injuries. Replace all batteries at the same time.
- Reference Microsoft Xbox controller User Manual for proper maintenance and handling.

⚠ WARNING Electrical Shock

To reduce risk of electric shock:

- Do not modify or open any of the components provided.
- Do not use the product if any cable is damaged or any wires are exposed.

⚠ WARNING CA Prop 65

This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.

⚠ CAUTION Damaged or Broken Device

- Do not use your device if any part is broken or damaged.
- Do not attempt to repair any part of your device yourself. Repairs should only be made by an authorized servicer.

⚠ 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 should be cleaned between each use with skin-friendly non-alcoholic antibacterial wipes and with a dry microfiber cloth for the lenses.

⚠ CAUTION Skin Irritation

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.