



**Health & Safety**

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\* These health & safety warnings are periodically updated for accuracy and completeness. Check [oculus.com/warnings](https://www.oculus.com/warnings) for the latest version.

**⚠️ WARNING** **HEALTH & SAFETY WARNINGS:** Please ensure that all users of the headset read the warnings below carefully before using the headset to reduce the risk of personal injury, discomfort or property damage.

**⚠️ WARNING** **Before Using the Headset:**

- Read and follow all setup and operating instructions provided with the headset.
- The headset should be configured for each individual user by using the configuration software before starting a virtual reality experience. Failure to follow this instruction may increase the risk of discomfort.
- 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, epileptic seizures 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 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. Adults should monitor children (age 13 and older) who are using or have used the Headset for any of the symptoms described below, 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 Instructions & Precautions: You should always follow these instructions and observe these precautions while using the headset to reduce the risk of injury or discomfort:

- **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 when using the headset and remain seated at all times.** Take special care to ensure that you are not near other people, objects, stairs, balconies, windows, furniture, or other items that you can bump into or knock down when using—or immediately after using—the headset. 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.
- 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.
- A comfortable virtual reality experience requires an unimpaired sense of motion and balance. Do not use the headset when you are tired, need sleep, are under the influence of alcohol or drugs, are hung-over, have digestive problems, are under emotional stress or anxiety, or when suffering from cold, flu, headaches, migraines, or earaches, as this can increase your susceptibility to adverse symptoms.
- 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.

- The headset may be equipped with a “passthrough” feature which permits you to temporarily see your surroundings for brief real world interaction. You should always remove the headset for any situation that requires attention or coordination. Do not use this feature for more than a few minutes at a time.
- 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 use if anyone using the headset experiences any of the following symptoms: 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:** Playing video games can make your muscles, joints or skin hurt. If any part of your body becomes tired or sore while playing, or if you feel symptoms such as tingling, numbness, burning or stiffness, stop and rest for several hours before playing again. If you continue to have any of the above symptoms or other discomfort during or after play, stop playing and see a doctor.

**⚠ WARNING** **Radio Frequency Interference:** The headset can emit radio waves that can affect the operation of nearby electronics, including cardiac pacemakers. 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.

**⚠ WARNING** **Electrical Shock:** To reduce risk of electric shock:

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

If a power adapter is provided:

- Do not expose the power adapter to water or moisture.
- Unplug the power adapter before cleaning, and clean only with a dry cloth.
- Keep the power adapter away from open flames and other heat sources.
- Use only the power adapter provided with the headset.

**NOTICE** **Sunlight Damage:** Do not leave the headset in direct sunlight. Exposure to direct sunlight can damage the headset.