

User manual

Immersive Learning system
for use with Oculus Go



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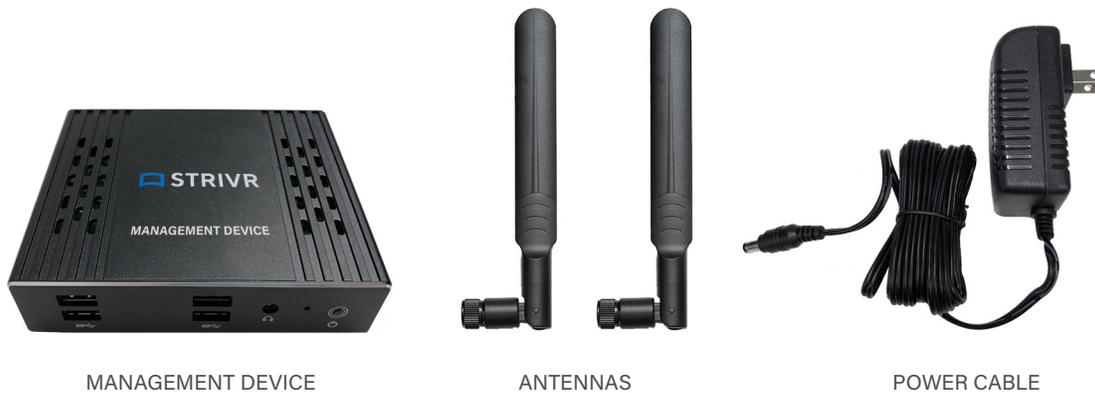
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System setup

NOTE: These instructions describe the Strivr Immersive Learning system setup in general. If your system includes a locker or portable cart, see the assembly and installation guide for system setup.

1. Designate a table or shelf near a power outlet on which to set up the Immersive Learning system. You will need about a 32"x24" surface for five headsets.
2. Locate the box containing the Management Device. Unbox the Management Device and the accessories with it:



3. Assemble the Management Device using the diagram below:
 - a. Screw the Management Device antennas onto the Management Device.
 - b. Plug the power cable into the Management Device.
 - c. Plug the other end of the power cable into a power strip.



4. Check that a green light is illuminated on the front of the Management Device indicating it is powered on.

5. Locate the box containing the USB hub. Unbox the USB hub and the accessories with it:



6. Assemble the USB hub using the diagram below:

- a. Plug the IEC cable into the power brick.
- b. Plug the power brick into the USB hub.
- c. Plug the other end of the IEC cable into a power strip.
- d. Plug the USB cable into the USB hub.



7. Plug the other end of the USB cable into the back of the Management Device (the side with the antennas):



8. Locate the gray MicroUSB cable(s). There will be one per headset. Plug each MicroUSB cable into the USB hub (up to 5 per USB hub):



9. Locate the Oculus Go boxes. Inside each is a headset tethered to a controller.
10. Peel the protective plastic film off the lenses of each headset.

11. For each controller, pull down on the lower half of it to reveal the battery compartment. If a battery is not already inserted, insert a AA battery.

NOTE: Be careful not to detach the tether. If you do, reassemble it by feeding it through the bottom of the controller cap and looping it back around the small plastic peg.

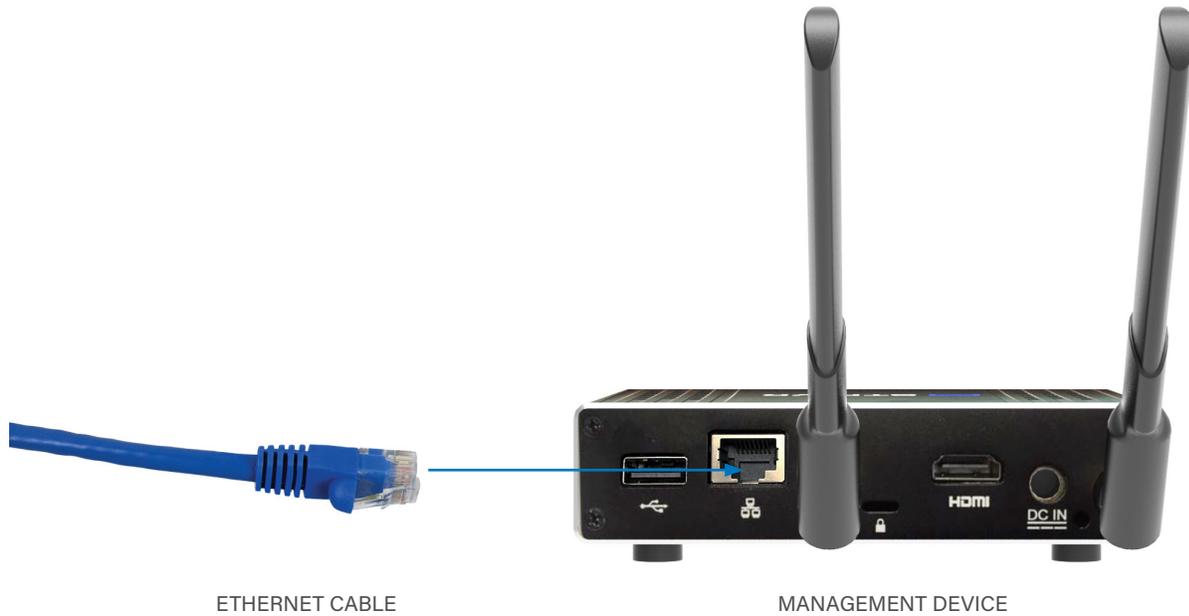


12. Plug a MicroUSB cable into each headset to charge:



13. Turn each headset on: press and hold the power button on the top of each headset for about 20 seconds, or until you hear the device chime. Check to see that it is powered on by holding the headset up to your eyes and the screen inside will illuminate.

14. Connect the Management Device to Internet via one of the following methods:
 - a. Hard-wired via ethernet cable (instruction provided by your company if applicable.)



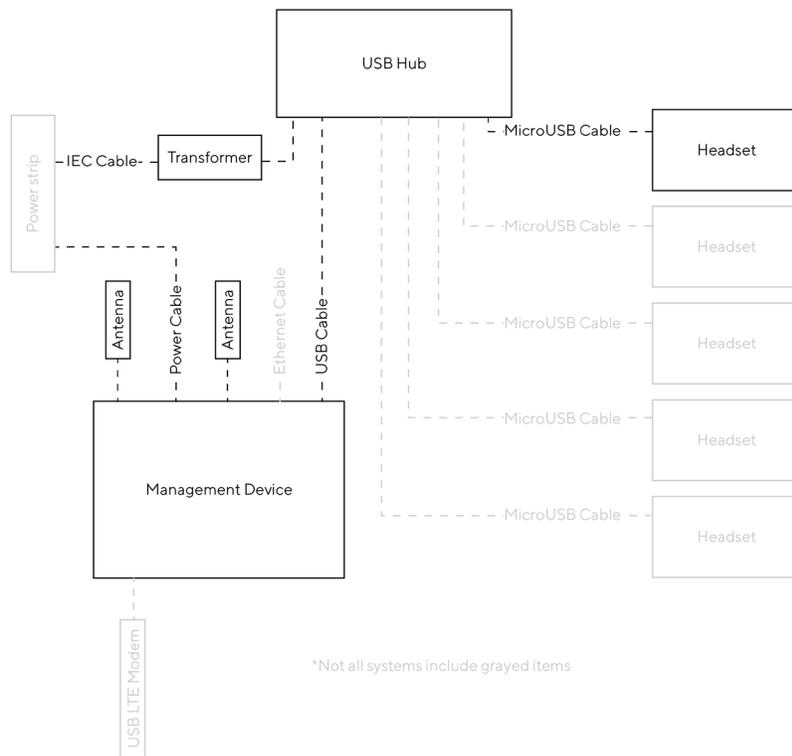
- b. LTE Modem plugged into USB port on the front of the Management Device (will be included in box if applicable to you)

NOTE: The appearance and design of your LTE modem may vary according to brand.



- c. If neither of the above apply you may have received separate instructions from your company.

15. If needed, check your final setup against the full schematic below:



Storage space

To ensure proper cooling:

- Never stack any of the electronic components on top of each other.
- Do not store in or on insulated/fabric areas.
- Do not store in direct sunlight.

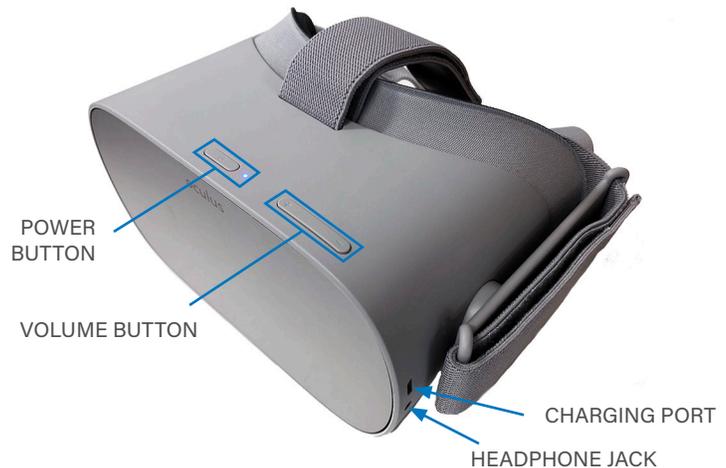
Most Strivr Immersive Learning systems are stored in trays, lockers, or portable carts that have cutouts for storing each headset. If your system came with plastic bins for storage and transportation of the headsets, place each headset-controller pair inside a section of the bin. Leave the Management Device and USB hub outside of the bins in a permanent location.



Product care & maintenance

Powering on the headset

To turn the headset on, press and hold down the power button located on the top of the headset for about 20 seconds, or until you hear the headset chime. To check to see that it is powered on, hold the headset up to your eyes and the screen inside will illuminate. If the power button is accidentally pressed during training, the display will go to sleep. Short press it again to turn the display back on and resume training.



Charging the headset

Plug the headset into the MicroUSB cable to charge whenever it is not in use for training. Ensure that the headset is powered on before plugging it in so that the device can receive updates. From a full charge, the headset will last approximately two hours. You may check the precise battery level percentage in the menu of the headset. When the light on the top of the headset turns red, there is less than 15% battery life left.

HEADSET LIGHT INDICATOR MEANINGS

COLOR	STATE	MEANING
Red	Solid	Low battery (less than 15%)
White	Solid	Screen is on
White	Blinking	Oculus Go is rebooting
Orange	Solid	Headset is starting up
PLUGGED IN:		
Green	Solid	Battery is charging (above 95%)
Orange	Solid	Battery is charging (below 95%)

Adjusting the volume

Use the volume button located on the top of the headset to adjust the sound level.

Built-in speakers vs. headphones

The headset has built-in speakers. These speakers are good for self-guided training or training in small groups. However, in larger open settings with many people or a lot of external noise, we recommended using over-ear headphones (as opposed to on-ear or earbuds) for comfort, noise cancellation, and sanitation purposes. Plug the headphones into the headphone jack on the side of the headset next to the charging port.

Changing the controller battery

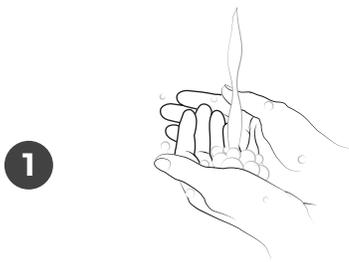
The controller takes one AA battery. To change the battery, pull down on the lower half of the controller to remove the end cap and replace the battery. You may check the precise battery level percentage of the controller in the menu of the headset.

NOTE: Be careful not to detach the tether. If you do, reassemble it by feeding it through the bottom of the controller cap and looping it back around the small plastic peg.

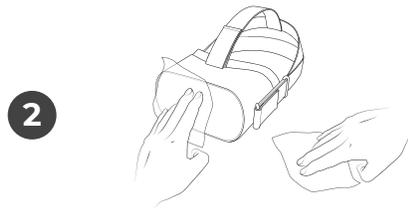


Equipment hygiene

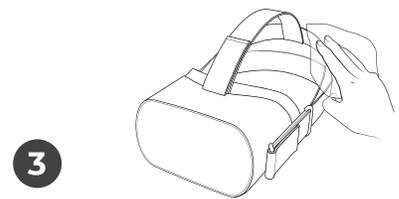
Keep your equipment clean and disinfected with a course of two wet wipes. The steps shown here are the minimum steps Strivr recommends and should be performed between every use of the equipment. Your company works with Strivr to develop its own plan for equipment hygiene. Check your internal documentation and always follow manufacturers' instructions.



1 Before and after cleaning and disinfecting equipment, wash your hands thoroughly with soap for at least 20 seconds.



2 Use disinfecting wipes on headsets, controllers, and working surfaces (including desks, chairs, etc) and leave to dry for 10 minutes.



3 Use recommended skin-friendly, non-abrasive wipes on headset contact areas (face pads and straps.)

Use the dry lens micro-fiber cloth included with your system to clean the headset lenses as needed. Don't use liquid or chemical cleansers. Starting from the center of the lens, gently wipe the lens in a circular motion moving outwards.



Handling the headset

- To avoid damaging the lenses and display, keep your headset away from direct sunlight.
- Avoid sharp objects near the lenses.
- Be gentle when adjusting your headset and tightening the straps.
- Do not leave the headset in extremely hot locations or near heat sources.

Traveling with the system

To avoid damage in transit:

- Unplug all cables from the USB hub and Management Device.
- Unscrew the antennas from the Management Device.
- Never power on or charge devices while they are inside a traveling case; always remove them for use.

When flying you must take the headsets as carry-on luggage due to lithium ion batteries inside. See diagram to the right for recommended carry-on case packing with a Pelican 1535 Air case.



Facilitating training

Retrieving the headset

When a learner is to begin training,

1. Carefully unplug the headset from its MicroUSB cable.
2. Give the learner the headset and controller.
3. Direct the learner to have their Login ID at hand, as they will need it to log into the training session.

Choosing a training space

- If possible, train in a quiet area with minimal noise and distraction.
- Ensure that foot traffic is low in the area chosen.
- If the experience will be taken seated, have a swivel chair available for the learner to sit and turn in. Taking the experience seated is recommended when a facilitator is not present or the learner feels discomfort.
- If the experience will be taken standing, you may want to have a chair or table nearby for the learner to rest a hand on to ground themselves in the physical space.
- Facilitators may check on learners during training sessions to ensure safe training.

Putting on and adjusting the headset

- Make sure the learner is aware of their surroundings before putting on the headset.
- The headset has two side velcro straps and one top velcro strap. Learners should put the headset on like a pair of goggles and adjust the straps until the headset is comfortable and does not feel like it is falling down.
- Glasses: If the learner wears glasses, they should wear their glasses inside of the headset. Learners should put the headset over their glasses first, before pulling the straps back over their head. In the rare case that the glasses frames are too large to fit inside of the headset, they may remove their glasses.
- Larger hairstyles, headwraps, or other headwear: The headset's straps can accommodate almost any hairstyle or headwrap. First, learners should adjust the velcro straps to their loosest setting. Then, put the headset display up over their eyes first. The learner may then pull the back strap up and over as much of their hair or headwrap as the straps will reach, and tighten the side and top straps such that the headset's display remains secure over their eyes.
- Headphones: If using external headphones, instruct learners to put them around their neck first, then, after putting on and adjusting the headset, lift the headphones over their ears.

Using the controller

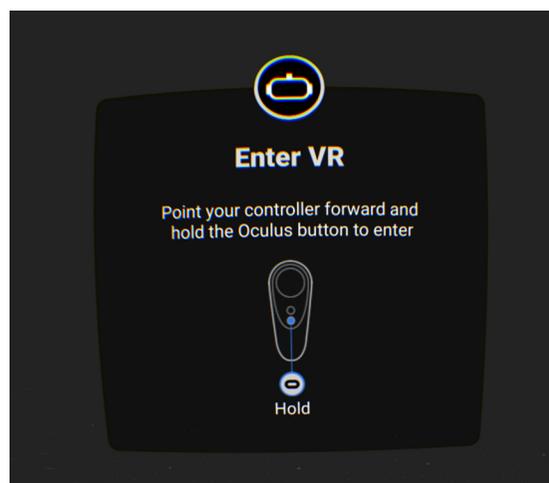
- To select menu items and interactive elements, pull the trigger button.
- To recalibrate (re-center) the controller, press and hold the Oculus button (Ⓞ) for two seconds.
- To pause or exit to the menu, use the back button (←)

NOTE: Back button may not be available in all experiences



Controller calibration

The headset may show a screen similar to the following when waking up:



If so, press and hold the Oculus button (Ⓞ) on the controller for two seconds to calibrate (re-center) the controller and continue.

Logging out

- Learners should select Log Off inside the headset before ending their training session and taking off the headset. A complete training session includes three steps: Successful login, Successful completion of training, and successful logout.
- Auto Log Out: The headset will automatically log out of the current session and start a new one when it is plugged into the MicroUSB cable.

Returning the headset

When a learner finishes training,

- Clean the headset and controller as specified in the Equipment Hygiene section.
- Plug the headset back into the MicroUSB cable.
- Perform the Strivr Visual Check to ensure the headset is powered on and connected.
 - After plugging the headset into the hub, the headset should display a green or orange charging light (or red if the headset is under 15% battery.)
 - Follow the charging cable back to the USB hub and verify the hub port displays a blue light.
 - There should be a one-to-one ratio of connected headsets and blue lights on the hub.
 - If a connected port does not display a blue light, the headset is not fully connected and is probably turned off (this generally occurs when headsets aren't immediately plugged in after training and enter a deep sleep mode.) If a headset is not fully connected, it can't transmit data or receive new content, and learners will not get credit for completed training. Disconnect the headset, hold the headset power button down for 20 seconds or until the headset chimes, and then reconnect it. When a headset is powered on, holding the headset up to your eyes causes the screen inside to illuminate.



FAQ & troubleshooting

My controller is not showing up, is in the wrong place, or the headset is telling me “Cannot locate your controller.”

If you're having trouble using the controller, try one of the following:

- Press any button to wake the controller and wait a few seconds.
- Press and hold the Oculus button (○) for 2 seconds to re-calibrate (re-center) the controller.
- Pull down on the lower half of the controller to access the battery compartment and make sure the battery is clicked down all the way.
- You may need to re-pair the controller. Make sure the headset is nearby to pair. Press and hold both the back-arrow button (←) and the Oculus button (○) down at the same time until a light starts to blink on the track pad of the controller. When the blinking light on the controller turns solid, the controller is paired and you may resume training.
- If the solutions above do not work, try replacing the controller battery.

I can't find the training program inside the headset.

Try plugging the headset into the MicroUSB cable for about 15 seconds, then unplug it and resume training. If you still cannot locate the program, please contact Strivr support.

The screen inside the headset is black. How do I turn it on?

If you see all black in the headset try one of the following solutions:

- Short press the power button on the top of the headset once to wake the headset, then resume.
- Press and hold the power button on the top of the headset for about 20 seconds, or until you hear the headset chime.
- If it is still dark, plug the headset into the MicroUSB cable for at least 15 minutes to charge and then repeat the step above.

The headset is not charging when it's plugged in.

- Plug the headset in to charge and note the LED light color. If the light is red, green, or orange the headset is currently charging.
- If after 15 minutes no light shows, check that the MicroUSB cable is securely plugged into the headset.
- If it will still not charge, please contact Strivr support.

How do I adjust the headset to fit over my glasses/hair/etc.?

Please see the “Facilitating Training” section of this manual for instructions on adjusting the headset for different scenarios.

The velcro straps fell off the headset or are too loose! Did I break it?

You may re-run the straps back through the loops, then back around the loop and press them to the velcro fabric at the desired length.

The strap arm of the headset came out of its socket! Did I break it?

If the strap arm disconnects from your VR headset,

1. Reposition the arm over the mount with the front loop tilted in.
2. Press the arm firmly back into the housing while tilting the rear loop towards the headset.
3. Firmly press until you hear the arm engage with the mount with an audible “snap.”

Why does the view in the headset look blurry or foggy?

- If the view appears blurry, try slowly moving the headset up or down on your face until the picture is clear or wiping the lenses with the dry microfiber cloth included with your system.
- In cold climates, the lenses of the headset can become foggy. If this occurs frequently, try placing the headset on your head (but not over your eyes) for a few minutes to warm it up before training.

Why is everything gray in the headset?

- Be sure to look all around in the 360-degree view. There may be a menu option behind you.
- Try plugging the headset into the MicroUSB cable for 15 seconds to restart the session, then unplugging and resume training.

How do I change the volume?

Use the volume up/down buttons on the top of the headset near the power button to adjust the volume level. For best results, train in an area with minimal external noise.

How do I change the controller battery?

Pull down on the lower half of the controller to remove the end cap. Change the AA battery and replace the cover. Note that you will have to resync the controller after changing the battery.

How do I get replacement parts?

For replacement parts (facial interfaces, controllers, etc.) please call the Strivr support line.

My headset didn't receive the the latest training programs from Strivr.

For a headset to receive the latest updates from Strivr, it has to be connected to the Strivr cloud. And for that to happen, the headset has to be turned on when you connect it to the USB hub. Make sure by performing the Strivr Visual Check: When you plug the headset into the hub, make sure the connected hub port lights up with a blue light. If it doesn't, unplug it and make sure the headset is on by holding it up to your face and checking that the screen illuminates. If it doesn't, hold the power button down for 20 seconds or until the headset chimes. Then plug it back in and check the hub light once more.

NOTE: Seeing a green or orange charging light on the headset when you plug it in is not an indication that the headset is connected to the Strivr Cloud—this light just means the headset is charging. Always verify by checking the hub.

Contact us

Strivr Support:
<https://support.strivr.com>
US & Canada: +1 855-897-0082
UK: +44 808-169-4550
support@strivr.com

Support Hours:
Monday-Friday
5:00am-5:00pm Pacific

Health & safety warnings

Strivr

USING VIRTUAL REALITY ("VR") CAN POTENTIALLY HAVE UNINTENDED HARMFUL EFFECTS ON YOUR HEALTH OR SAFETY. TO REDUCE THE RISK OF PERSONAL INJURY, DISCOMFORT, OR PROPERTY DAMAGE, PLEASE ENSURE THAT ALL USERS READ THESE WARNINGS CAREFULLY BEFORE USE.

CONSULT WITH A PHYSICIAN BEFORE USING VR IF YOU ARE PREGNANT, ELDERLY, EPILEPTIC, OR HAVE VISION, PSYCHIATRIC, HEART, OR OTHER SERIOUS MEDICAL CONDITIONS. THIS PRODUCT SHOULD NOT BE USED BY CHILDREN UNDER THE AGE OF 13. DO NOT USE IF YOU ARE SICK, FATIGUED, UNDER THE INFLUENCE OF INTOXICANTS/DRUGS, OR NOT FEELING WELL, AS IT MAY EXACERBATE YOUR CONDITION.

PHOTOSENSITIVITY & SEIZURES

Some individuals may experience epileptic seizures or blackouts when exposed to certain light patterns or flashing lights. Exposure to certain patterns or backgrounds on a screen or when viewing video content, such as VR content, may trigger epileptic seizures or blackouts. These conditions may trigger previously undetected epileptic symptoms or seizures even in persons who have no history of prior seizures or epilepsy. If you, or anyone in your family has an epileptic condition or has had seizures of any kind, consult your physician before using these Services.

NAUSEA & POTENTIAL HEALTH EFFECTS

VR may trigger motion sickness in some individuals due to the difference in the field of vision and focus points between the real world and the virtual world. Cease use of VR immediately if you experience disorientation or motion sickness.

IMMEDIATELY DISCONTINUE use and consult your physician before resuming use of the Services if you experience any of the following health problems or symptoms at any time before, during, or after use:

- Dizziness
- Altered, blurred, or double vision or eye discomfort
- Eye or muscle twitches
- Loss of awareness
- Disorientation
- Panic or anxiety attack
- Excessive sweating
- Nausea
- Lightheadedness
- Seizures
- Any involuntary movement or convulsion
- Any symptoms similar to motion sickness

Symptoms of VR exposure can persist and become more apparent hours after use. Post-use symptoms can include the symptoms above, as well as excessive drowsiness and decreased ability to multitask. 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 (e.g. death, personal injury, property damage), or other activities that require unimpaired balance and hand-eye coordination until you have fully recovered from any symptoms.

RESUME USE OF VR ONLY ON APPROVAL OF YOUR PHYSICIAN.

RADIO WAVES & MEDICAL DEVICES

VR hardware (including headsets, controllers, and other devices) may contain magnets or components that emit radio waves. The frequencies of these radio waves may interfere with pacemakers, hearing aids, defibrillators, or other implanted electrical devices. If you have a pacemaker or other implanted medical device, DO NOT USE STRIVR WITHOUT FIRST CONSULTING YOUR DOCTOR OR THE MANUFACTURER OF YOUR MEDICAL DEVICE. Maintain a safe distance between these devices and your medical devices, and stop using these devices if you observe a persistent interference with your medical device.

SAFETY PRECAUTIONS

Wearing a VR headset may distract you from, and will completely block your view of, your actual, physical surroundings. Always be aware of your surroundings before beginning use and while using the headset. Use caution to avoid injury.

Use of a VR headset may cause loss of balance. Remain seated unless your training module requires standing. The objects you see in the VR environment do not exist in the real world, so do not sit, stand, or lean on VR objects, or attempt to 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, open doorways, windows, furniture, open flames, ceiling fans or light fixtures, televisions or monitors, or other items that you may impact when using—or immediately after using—a VR headset. Remove any tripping hazards from the area before using the headset.

While using a VR headset, you may need to extend your arms fully out to the side or over your head, so make sure all of those areas are clear. Remember that while using a

VR headset, other people may enter your immediate area without your awareness. Be cautious when extending your arms, moving around, and using the controller to avoid contacting other individuals who may have entered the area.

Read and follow all setup and operating instructions, and review all recommendations for use of the VR headset and controllers.

Oculus

Health & Safety

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

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 Oculus Go headset and controller.

WARNING

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, 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.
- To reduce the risk of discomfort, properly adjust side and top straps, and ensure comfortable placement of the facial interface and that you see a single, clear image; this will aid in proper weight balance and distribution of the headset. Re-check the settings before resuming use after a break, to avoid any unintended changes to any adjustments.

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- 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/help/oculus/918056048293446/>). If you are new to virtual reality, start with content rated Comfortable, before trying Moderate, Intense or Unrated content.
- 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.
- 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.

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. Anyone who experiences any of

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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.

WARNING 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 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.

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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.

You are responsible for creating and maintaining a safe environment for use at all times.

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.

Use of the headset and Oculus controllers may cause loss of balance.

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. If you are using the headset while seated, make sure you are seated on a secure surface and stable platform.

Take special care to ensure that you are not near other people, objects, stairs or steps, ramps, sidewalk(s), balconies, open doorways, windows, furniture, open flames (like candles

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or fireplaces), ceiling fans or light fixtures, televisions or monitors, or other items that you may impact or strike when using—or immediately after using—the headset.

- 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.
- 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.
- 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 headset is designed for use indoors. If used outdoors, pay particular attention to your surroundings and make sure you are using the headset in a safe environment away from traffic, pedestrians or other hazards in an outdoor environment. If used outdoors, remain seated unless your game or content experience requires standing.
- Never wear the headset in situations that require attention, such as walking, bicycling, or driving.

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.

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- 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.
- 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.
- It is normal for your headset to feel warm to the touch while in use or while charging. Prolonged skin contact with a headset that is hot to the touch may produce skin discomfort or redness, or low temperature burns. If your headset feels hot to the touch or is uncomfortably warm, stop using or charging it, and allow it to cool down.
- To prevent possible hearing damage, do not listen at high volume levels for long periods.

WARNING System Alerts

For your protection, the headset will provide you with the following alerts:

- An audible and visual alert when the headset is overheating. If that alert appears/sounds, to reduce the risk of personal injury, immediately remove your headset and let it cool down before continuing use.
- 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.

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⚠ 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.
- 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 more appropriate comfort rating.

⚠ WARNING Headset Battery and Charging

- Your headset contains a rechargeable Lithium-Ion battery and a power adapter (charger) and charging cable. Improper use of the battery or power adapter may result in a fire, explosion, battery leakage or other hazard. Follow these instructions to reduce the risk of injury to you or others, or damage to your product.
- The battery in your headset is not user replaceable or serviceable. Do not attempt to open your headset to access the battery, open, repair or replace the battery. Please contact Oculus Support, if you need battery or power management support for your device.
 - Do not use or wear your headset while connected to the power adapter or charging.
 - Only charge your headset with the included power adapter and cable, or an approved power adapter and cable if not included. 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, connector tips and the power adapter for damage or signs of wear. Do not use your power adapter if prong(s), enclosure, connector port, connector cable or any part is damaged, cracked, or exposed.
 - Do not use external battery packs or power sources other than the included power adapter or authorized accessories to charge the battery or power the headset.

- Do not attempt to charge or use the headset if it does not turn on after attempted charging, if it gets abnormally warm when it is used or charged, or if the battery compartment is swollen, leaking liquid or smoking.
- Do not disassemble, crush, bend or deform, puncture, shred or put a high degree of pressure on the headset. This can cause leakage or an internal short-circuit in the battery, resulting in overheating.
- Avoid dropping your headset. Dropping it, especially on a hard surface, can potentially cause damage to the headset and battery. If you suspect damage to your headset or battery, contact Oculus Support.
- Do not let your headset get wet or come in contact with liquids. Even though the headset may dry and appear to operate normally, the battery contacts or circuitry could slowly corrode and pose a safety hazard. 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 or the battery and could cause the headset or the battery to explode. 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.
- In the event of a battery leak, do not allow the liquid to come in contact with the skin or eyes. If contact has been made, wash the affected area with large amounts of water and seek medical advice.

- Always ensure that the headset has adequate ventilation and air flow while in use or charging. Covering the headset with materials that significantly affect air flow may affect its performance and poses a possible risk of fire or explosion.
- Your headset and power adapter comply with applicable limits for industry surface temperature standards. To prevent potential low-temperature burns from prolonged direct contact, avoid direct skin contact with your power adapter for long periods of time when charging, or when plugged into a power source. Ensure the power adapter is in a well-ventilated area, when in use. Use the approved charging cable to optimize proximity of your device to the adapter; do not place adapter under a pillow, blanket or part of your body. Users with special medical or physical conditions that impair the ability to detect heat against your skin should take special care when using the device or charging with the power adapter. Follow any thermal warnings and advisory that may appear on your device's screen.
- Dispose of your headset and battery properly. Do not dispose of the headset or battery in a fire or incinerator, as the battery may explode when overheated. Dispose of separately from household waste. Refer to www.oculus.com/support 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.
- 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 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 Controller Batteries

- Your controllers contain AA batteries.
- CHOKING HAZARD. The remote 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 a 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 (800) 498-8666 or (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. Properly dispose of used batteries promptly.
 - Battery in the controller is user-replaceable: CAUTION – RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.
 - 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 temperature.

- Do not allow conductive materials to touch the battery terminals on the controllers. Keep batteries dry and avoid liquid intrusion. Discontinue use and contact Oculus Support if there is liquid intrusion or accidental spill onto the device or battery compartment.
- Discontinue use if you observe any abnormal increase in temperature on the device and/or around the battery compartment(s).
- 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 Electrical Shock

- To reduce risk of electric shock:
- Do not modify or open any of the components provided.
 - Do not charge this device if any part of the provided or approved AC Adapter cable is torn, any wires are exposed, or battery compartment damaged.
 - Do not insert any metal, conductive, or any foreign objects into the charging port.
 - Do not expose the device to water or fluid.
 - ONLY use provided AC Adapter with your device or other authorized adapter if one was not provided with your device.

⚠ 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 Oculus authorized service.

⚠ 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 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 Device Temperature

It is important to check the temperature of your device as front surfaces may get hot. To reduce the risk of injury, take caution and do not touch hot surfaces for prolonged periods.



⚠ CAUTION Use Environment

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. Keep cables away from children and pets.

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.

NOTICE Keep Away from Pets

- To avoid damage, keep your headset, charger, cables and accessories away from pets.

For more information, please visit:

<https://www.oculus.com/legal/health-and-safety-warnings/>



www.strivr.com