

Health and safety recommendations for the use of virtual reality:

These health and safety warnings are updated regularly to ensure they are accurate and complete.

- A comfortable virtual reality experience requires an unimpaired ability to move and maintain balance. Do not use headset when you are tired, sleepy, under the influence of alcohol or drugs, have digestive problems, are under emotional stress, or suffer from colds, flu, headaches, migraines, or earaches, as this may increase your susceptibility to adverse reactions.
- If you are pregnant or elderly, have abnormal binocular vision or a psychiatric disorder, or if you have heart problems or another serious medical condition, we recommend that you consult a physician before using the headset.
- For some people (approximately 1 in 4,000), light flashes or patterns can trigger severe dizziness, seizures, epileptic seizures or loss of consciousness, and may occur while watching television, playing video games or participating in virtual reality, even if they have never had a seizure or lost consciousness before and do not have epilepsy. Such seizures are more common in children and young people under the age of 20. Anyone who has ever had a seizure, lost consciousness or suffered other symptoms related to epilepsy should consult a doctor before using headset.
- Children under 12 years of age are at a critical stage of visual development and should be cautious when using headset. Adults should limit the amount of time children spend using headset and ensure that they take breaks when using them. Headset should not be used for long periods of time, as this can adversely affect hand-eye coordination, balance and the ability to perform several activities at once. Adults should monitor children for any deterioration in these skills during and after spectacle use.

General measures:

In order to reduce the risk of damage to health or discomfort, the following instructions and precautions should always be observed when using the headset:

Safe environment:

- Goggles provide an immersive virtual reality experience that captivates you and completely blocks your vision of your real surroundings.
- Make sure the goggles are on straight and tight on your head and that you can see one clear image.
- Always be aware of your surroundings before and while using the headset. Be careful not to injure yourself. You may lose your balance when using the headset, so take special care not to be near other people, objects, stairs, balconies, open doors, windows or furniture when using the headset or immediately afterwards. Before using the goggles, remove anything you might trip over.
- Remember that the objects you see in the virtual environment do not exist in reality, so do not sit on them or lean against them.
- To make your experience as safe as possible, remain seated or standing when using the goggles.
- You must remove your headset in any situation that requires attention or coordination.

- Try using the goggles gradually so that your body gets used to them. Only use them for a few minutes the first time and gradually increase the amount of time you use them as you get used to virtual reality.
- Headset can be equipped with a "pass-through" feature that allows you to temporarily see your surroundings to have a brief interaction with the real world.
- With regard to the depth of the virtual reality experience, do not use goggles with the sound set to high volume to maintain awareness of your surroundings and reduce the risk of hearing damage.
- The headset should be cleaned with an antibacterial wipe between each use.

Side effects:

- Exceptionally, the following may occur: seizures, loss of consciousness, eyestrain, eye or muscle twitching, involuntary movements, altered, blurred or double vision or other visual abnormalities, dizziness, disorientation, disturbed balance, disturbed hand-eye coordination, excessive sweating, increased salivation, nausea, dizziness, discomfort, headache or eye pain, drowsiness, fatigue, or any symptoms similar to seasickness.
- Just as people may have persistent symptoms after disembarking from a cruise ship, symptoms may also persist after a virtual reality experience, increasing in intensity for several hours after use. These symptoms may include the above-mentioned manifestations or excessive drowsiness and reduced ability to do several things at once. These symptoms may carry a higher risk of injury during normal real-world activities.
- Until you have fully recovered from these symptoms, do not drive motor vehicles, operate machinery or perform any other visually or physically demanding activities that could have potentially serious consequences, or other activities that require an unimpaired ability to maintain balance and hand-eye coordination.

Interference with medical devices:

- Glasses contain magnets and can emit radio waves. These can affect the functionality of electronic devices in their vicinity, including pacemakers, hearing aids and defibrillators. If you have a pacemaker or other implanted medical device, do not use Glasses without first consulting your doctor or the manufacturer of the medical device.

Hazard:

- Glasses and controllers are not toys. They contain batteries and small parts. Keep them out of the reach of children under three years of age.
- Do not use the device if any part is damaged or broken.

To avoid damage to the VR headset:

- Do not leave headset in direct sunlight. Exposure to direct sunlight may damage the headset. Do not shine a laser or other external light source through the lenses as this may damage the screen.