



Health and Safety Recommendations for immersive training

January - 2023



Health & Safety Recommendations - Guide

Document Change Log – Health and Safety Recommendations			
Name	Date	Version Number	Description of change
Ferenc Boroczky	13.11.2019	1.0	Document Created
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Section 1

General 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.

Visit the anet360 Safety Centre at <https://support.anet360.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.



1.1 Before Using ANET360 and VR

- Review the hardware and software recommendations for use of the headset. The 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 centred, and the inter-pupillary distance (IPD) should be appropriately set for each user. Adjust the side and top straps to ensure the comfortable placement of the headset. Adjust the IPD for each user by moving the image slider on the right of the bottom of the headset. When properly adjusted, the headset should fit comfortably and you should see a single, clear image.

Re-check the settings before resuming use after a break to avoid any unintended changes to any adjustments.

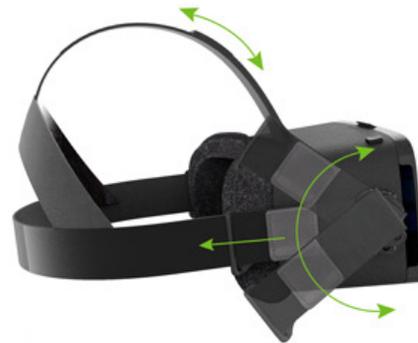
Use Only When Unimpaired. A comfortable virtual reality experience requires an unimpaired sense of motion and balance. Do not use the headset when you are experiencing any of the following (as it may increase your susceptibility to adverse symptoms):

- 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

Re-check the settings before resuming use after a break to avoid any unintended changes to any adjustments.

How to use the recommended VR headset

Recommended mobile VR headset – Destek V5



SUPPORT WEARING GLASSES



DESTEK V5 VR Headset has the most universally accepting space for most glasses.

Creative design NOSE PAD



1.2 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 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 these symptoms should discontinue the use of the headset and see a doctor.

If you previously have had a seizure, loss of awareness, or other symptoms linked to an epileptic condition you should see a doctor before using the headset.

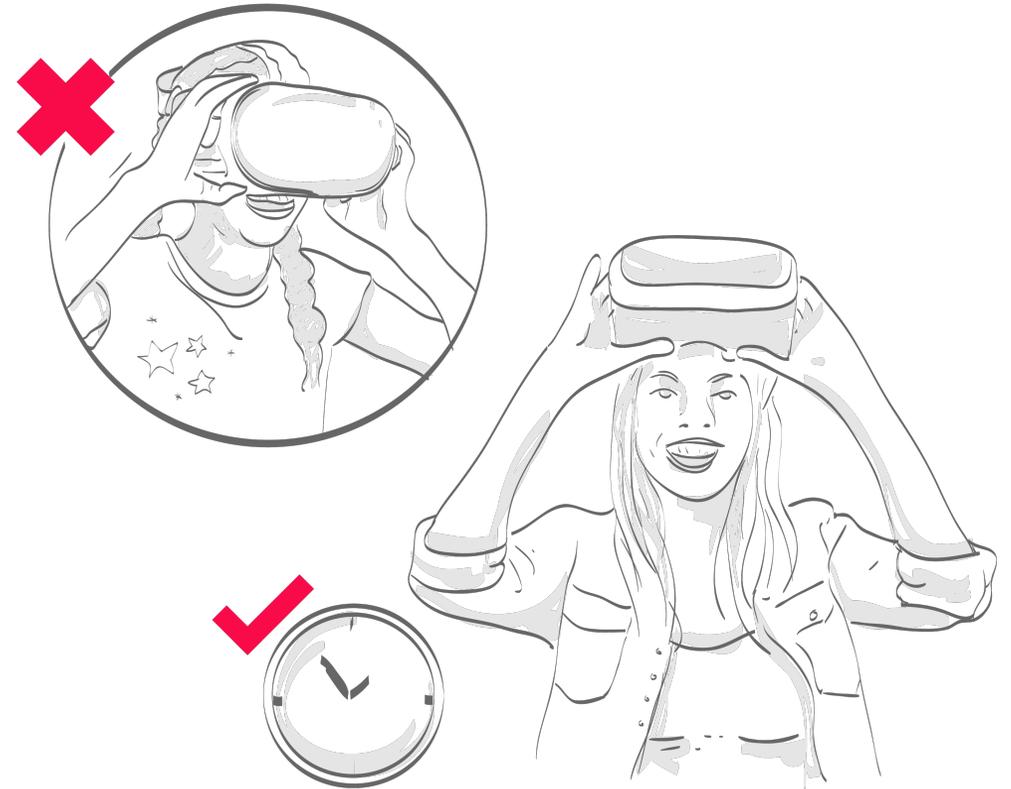


1.2. Age Requirement/ Children

anet360, the Virtual Reality headset 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.

- Trainers 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 above and the Safe Environment section below.
- Trainers 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.

Trainers should monitor children closely during and after the use of the headset for any decrease in these abilities.



Section 2

VR training specific health & safety
recommendations

2.1. Training Space Environment

Risks associated with freedom of movement.

Your headset tracks your movement forward and backwards, 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.

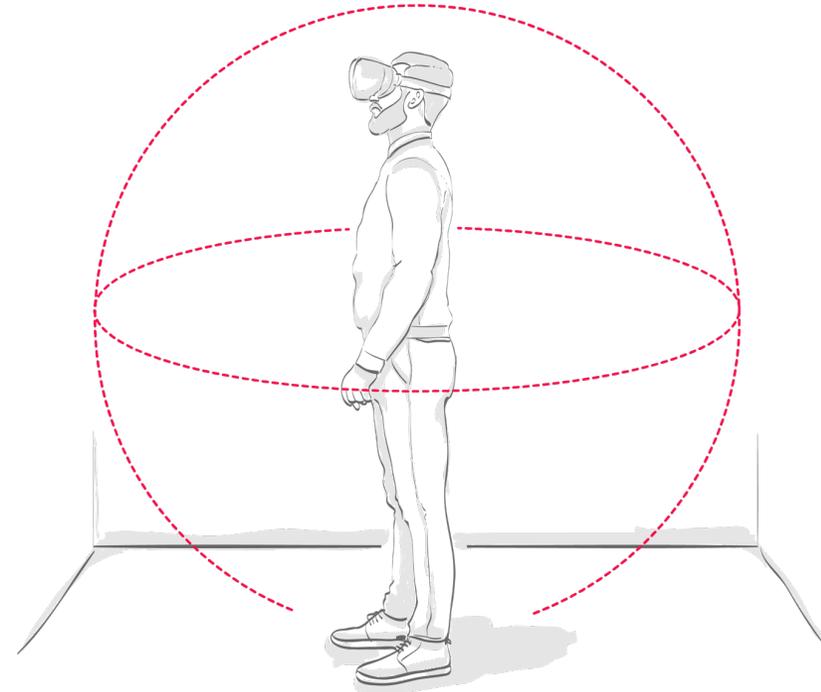
Your headset is also self-contained and there are no wires or cables connecting you to a PC like in other PC-powered virtual reality headsets.

Therefore, you have more freedom to move.

Along with the freedom to explore your virtual world come additional responsibilities for you to have a safe experience.

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.



2.2 Setting up Your Safe Training 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.



Consider having another person (preferably trainer) act as a spotter while you move around in your virtual world.

2.3. 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.

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. The fast or abrupt motion may cause a collision or 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 the content experience requires standing or moving around the virtual 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.

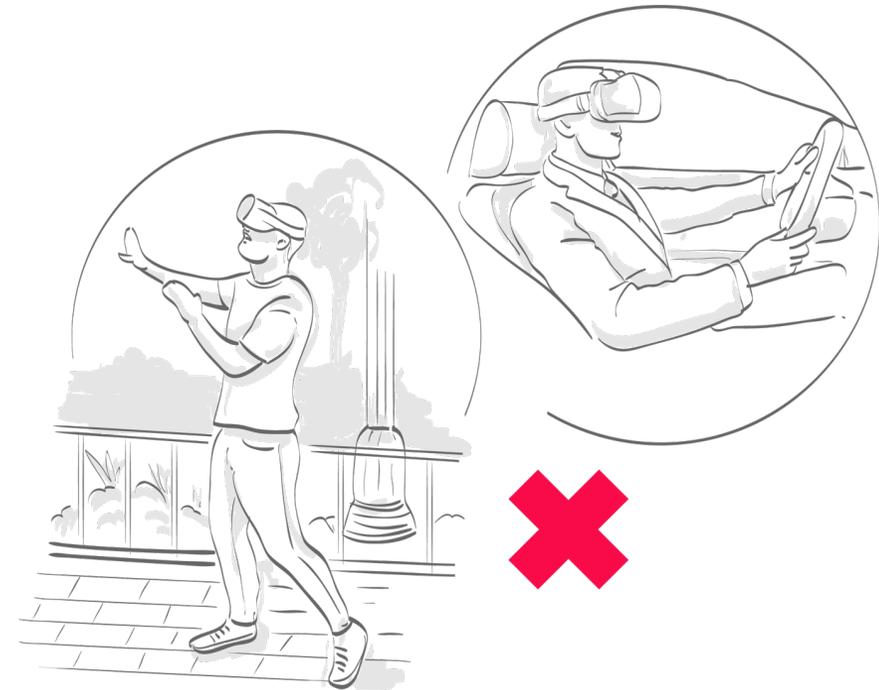
- Make sure your training space has a level, firm and even surface without loose carpeting or rugs, uneven surfaces or similar hazards. Remove any tripping hazards from the training space before using the headset.
- Remember that while using the headset you may be unaware that people and pets may enter your play space. Secure your training 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.

Each person is different, so take more frequent and longer breaks if you feel discomfort.

2.4. 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 headset 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.



2.5. Discomfort

Just as with the symptoms people can experience after they disembark on 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 on 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.

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;
- Light-headedness;
- Discomfort or pain in the head or eyes;
- Drowsiness;
- Fatigue;

Any symptoms are similar to motion sickness.

2.6 VR system care & Skin Irritation

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, please contact us at support@anet360.com
- To avoid damage to your headset 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, charger, cables and accessories away from pets.

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.



Contact us

anet360 – learning experiences

Email: info@anet360.com

Phone: +447907482652

Web: www.anet360.com

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