

VIRTUAL SKILL-UP

VR HEALTH & SAFETY GUIDE

- VR is not recommended to be used by children **under the age of 16**.
- In order to have a comfortable VR experience, you should have an uninterrupted sense of motion and balance. Do not use a Cardboard/Headset if you are:
 - **Tired**
 - **Under the influence of alcohol or drugs**
 - **Ill**
- Be sure to take **frequent breaks** while using a Cardboard/ headset (around 10-15 minutes break for every 30 minutes of VR experience). If you experience **nausea, discomfort, eye strain** or **disorientation, stop the experience** and remove Cardboard/Headset immediately.
- You may move around during the VR experience. Make sure you have **enough space** around you and your device is not connected to any wires or cables which could be considered a trip hazard.
- If you have prior history or are prone to seizures, **consult a doctor** before using a Cardboard/Headset.
- If you are sharing a Cardboard/Headset, make sure you do not use them if you are displaying any symptoms of contagious illnesses. Be sure to **clean** the Cardboard/Headset with antibacterial/antiviral disinfectant between each use.

