Castle View School
Pursue Excellence | Be The Best

Castle View School
Foksville Road
Canvey Island
Essex
SS8 7FH

Virtual Reality Health & Safety Usage Guide

Adults should make sure children use the headset in accordance with these health and safety warnings.

Adults should monitor children who are using or have used the headset for any of the symptoms described in these health and safety warnings 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. We recommend that VR is used for no more than 30 minutes in any one lesson. Short VR sessions are very engaging and are the perfect way to open a topic or reinforce a key point.

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 under the age of 20. Anyone who experiences any of these symptoms should discontinue use of the headset and see a doctor. Anyone who previously has had a seizure, loss of awareness, or other symptom linked to an epileptic condition should see a doctor before using the headset.

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 and remain seated unless your content experience requires standing.

- Use of the headset may cause loss of balance.
- Remember that the objects you see in the virtual environment do not exist in the real environment, so don't sit or stand on them or 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, balconies, open doorways, windows, furniture, open flames, ceiling fans or light fixtures or other items that you can bump into or knock down when using—or immediately after using—the headset.
- Remove any tripping hazards from the area before using the headset.
- Remember that while using the headset you may be unaware that people may enter your immediate area.
- Do not handle sharp or otherwise dangerous objects while using the headset.

Castle View School is a charitable company by guarantee and registered in England and Wales with company no: 09146848.

- Never wear the headset in situations that require attention, such as walking or bicycling.
- Make sure the headset is level and secured comfortably on your head, and that you see a single, clear image.
- Make sure any headphone cables if used are not tripping hazards.
- 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.
- 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 for you.
- If using headphones, 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.

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 operate machinery or engage in other visually or physically demanding activities 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.

Repetitive Stress Injury:
Using the device may make your muscles, joints 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.

Electrical Shock:
To reduce risk of electric shock:

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

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.

Contagious Conditions
To avoid transferring contagious conditions like conjunctivitis (pink eye), do not share the headset with persons with contagious conditions, infections or diseases, particularly of the eyes, skin or scalp. The headset should be cleaned between each use with skin-friendly non-alcoholic antibacterial wipes and with a dry microfiber cloth for the lenses.

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. If symptoms persist, contact a doctor.