PICO 4 VR Headset Basic Guide for Users

VR Health and Safety

It is important to consult with a doctor before using a Virtual Reality (VR) headset if you have epilepsy or are prone to seizures. To prevent eye strain, nausea, and motion sickness, limit and monitor the usage of VR headsets. Take regular breaks. Use the VR headset in a safe indoor area, free of tripping hazards, with at least 2 meters by 2 meters of space. Do not allow children aged 12 and under to use the product. Teenagers aged 13 and over should use it under adult supervision. Wear the lanyards when using the controllers and ensure there is enough space around you to avoid injury. Take breaks every 30 minutes to avoid dizziness or eye fatigue. Do not expose the optical lenses to direct sunlight. Adjust the interpupillary distance (IPD) in the system settings for comfort. Protect the optical lenses from scratches and strong light. Read the user guide for important safety information.

<u>Never</u> use outside or let sunlight hit the lenses.

Cleaning – Clean the lenses with a dry lens cloth. Clean the body with a dry microfibre cloth. Clean the face contact area of the gasket with a lightly damp tech wipe.

Getting Started

1. **Turning on the headset**: Long press the power button on the right side of the headset for 2 seconds until the status indicator turns blue. This will turn on the headset.
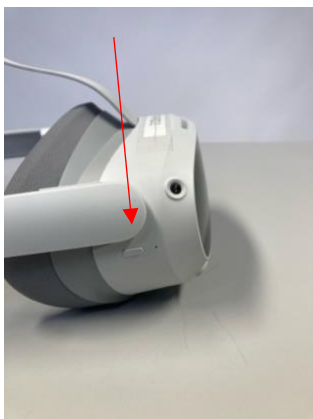
2. **Waking up the controllers**: Short press the Home button (O) for 1 second until the status indicator flashes blue.

3. **Finding a safe space**: Ensure you have a safe space to use the headset. Refer to the safety tips provided with the headset for more information.

4. **Putting on and adjusting the headset**: Put on the headset and adjust the fit and feel. Use the wheel at the back to adjust the tension and the Velcro strap on top to secure the headset. Turn the strap dial counterclockwise to loosen the VR Headset, rotate the strap down over your head, and then turn the strap dial clockwise to tighten the VR Headset in a comfortable position.

5. **Using the controllers**: Place the controllers in your hands and use the safety straps to keep them securely in place. The device can track your translational and rotational movements in all directions (up/down, left/right, forward/backward, pitch, roll, and yaw). Your movements in the real world will be captured and translated to what you see in the virtual world when using the appropriate content. There are many buttons on the controllers, but the first to try is the front trigger on your index finger, which functions like clicking a mouse.

6. **Setting up the play boundary**: If prompted, follow the instructions on the screen to set up the play boundary.

7. **Accessing quick settings and adjusting IPD**: Click on the clock on the right hand on the main menu bar to access quick settings. Click on the IDP button to adjust the Interpupillary Distance (IPD), which is the distance between the centres of the pupils of the two eyes. Adjusting this correctly can help improve the VR experience.

8. **Connecting to Wi-Fi**: In the quick settings, connect to Wi-Fi. You can connect to guest Wi-Fi or log in using your credentials to eduroam.

9. **Closing apps or returning to the home menu**: To close apps or to return to the home menu, press the O button.

10. **Log out of personal logins:** Disconnect from your Wi-Fi, log out of personal services and clear your browser history. This is a communal device and we

recommend <u>not</u> to use it for private communications, banking or other similar tasks.

11. **Turning off Headset**: Long press for 5 seconds. Hardware reset: Long press for 10 seconds. Short press to enter sleep or wake up