**Virtual Reality Training**

**Putting on the Headset**

**Handout**

It is important to properly fit your headset. Proper fit and eye-width adjustments prevent blurriness in your VR experience. It will also reduce your chance of feeling dizzy or nauseous from motion sickness.

The headset’s bottom edge should rest on your cheekbones. The standard strap should cup the back of your head. You should feel comfortable bending down without the headset slipping off.

***VIVE Focus 3 Headset***

Follow these steps to get a good fit:

1. Open the top strap Velcro® fastener.
2. Squeeze the quick adjustment button and pull until fully extended.
3. Position the display over your eyes.
   1. If you have glasses, press on each side of the face cushion frame to make room.
   2. The headset should comfortably fit over your nose and gently hold onto the back of your head.
4. Squeeze the quick adjustment button and slide the band until snug against your head.
5. Turn the back dial to adjust the fit.
6. Tighten and secure the top Velcro fastener.
   1. Tighten it enough to take the weight of the display off the bridge of your nose and cheekbones.

To remove, squeeze the quick adjustment button to loosen the band. Then take off the headset.

***Adjusting the Eye Relief Settings***

You will have a better viewing experience if you properly adjust the distance between the lenses of the headset to fit your eye width. The distance between the center of your eyes is called interpupillary distance (IPD). It is helpful to know this measurement before you make adjustments. An accurate measurement will help you find the right setting for a clear image and reduce eye strain.

An eye doctor can determine your IPD. You can also estimate your IPD by looking in a mirror and measuring between the center of your pupils with a millimeter ruler. Be sure to write down your IPD for future use.

Here is how you can select a specific measurement with the IPD dial (wheel):

1. Turn the wheel on the bottom of the display.
2. Watch for the lines and measurements to show on the screen inside the headset.
3. Adjust the wheel until your measurement is displayed.

You can also experiment with different settings, but this might be less accurate. Try these steps to estimate your IPD through experimentation:

1. Turn the wheel on the bottom of the display.
2. Watch for the lines to pop up on the screen inside the headset.
3. Adjust the wheel until the horizontal lines get clearer.
4. Navigate to an area in VR with text.
5. Continue to adjust the settings until the text is clear.
6. Write down the final number for future use.
   1. You might need to adjust the headset position if one eye is clearer than the other.

Be sure to clean the lenses with a dry microfiber cloth before each use. Do not use liquid or chemical cleansers. Simply wipe each lens in a gentle, circular motion.

***Adjusting the Volume***

Press the plus or minus buttons on the bottom of the headset display to adjust the volume.

**TRAINER NOTE:** Consider demonstrating to learners how to adjust the headset to get a comfortable fit. Pass around the headset to learners. Show and tell them where they can find the IPD dial and volume buttons. Also explain how to use them.