

## Health & Safety

\*These health & safety warnings are periodically updated for accuracy and completeness. Check [www.oculus.com/warnings](http://www.oculus.com/warnings) for the latest version.

### WARNING

**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 the Oculus Go headset and controller.**

### WARNING

## Before Using the Headset

- Read and follow all setup and operating instructions provided with the headset.
- Review the hardware and software recommendations for use of the headset. 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.
- To reduce the risk of discomfort, properly adjust side and top straps, and ensure comfortable placement of the facial interface and that you see a single, clear image; this will aid in proper weight balance and distribution of the headset. Re-check the settings before resuming use after a break, to avoid any unintended changes to any adjustments.

- Virtual reality is an immersive experience that can be intense. Frightening, violent or anxiety provoking content can cause your body to react as if it were real. Carefully choose your content if you have a history of discomfort or physical symptoms when experiencing these situations. Oculus provides comfort ratings for some content, and you should review the comfort rating for your content before use. (For more details on comfort ratings and how they can assist in providing a comfortable experience, go to <https://support.oculus.com/help/oculus/918058048293446/>). If you are new to virtual reality, start with content rated Comfortable, before trying Moderate, Intense or Unrated content.
- A comfortable virtual reality experience requires an unimpaired sense of motion and balance. Do not use the headset when you are: 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, as this can increase your susceptibility to adverse symptoms.
- 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.

## **⚠ WARNING** 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 use of the headset and see a doctor. If you previously have had a seizure, loss of awareness, or other symptom linked to an epileptic condition you should see a doctor before using the headset.



**WARNING**

## **Children**

This product 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. Adults 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 the Headset section and the Safe Environment section. Adults 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. Adults should monitor children closely during and after use of the headset for any decrease in these abilities.

## **⚠️ WARNING** 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.**
- ▶ You are responsible for creating and maintaining a safe environment for use at all times.
- ▶ 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.
- ▶ Use of the headset and Oculus controllers may cause 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 your game or content experience requires standing. If you are using the headset while seated, make sure you are seated on a secure surface and stable platform.
- ▶ Take special care to ensure that you are not near 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 items that you may impact or strike when using—or immediately after using—the headset.

- ▶ Use of the headset with glasses may increase the risk of facial injury if you fall or hit your face.
  - ▶ While using the headset with controllers, you may extend your arms fully out to the side or over your head, so make sure those areas are clear.
  - ▶ Remove any tripping hazards from the area before using the headset.
  - ▶ Remember that while using the headset you may be unaware that people and pets may enter your immediate area.
  - ▶ 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.
  - ▶ The headset is designed for use indoors. If used outdoors, pay particular attention to your surroundings and make sure you are using the headset in a safe environment away from traffic, pedestrians or other hazards in an outdoor environment. If used outdoors, remain seated unless your game or content experience requires standing.
  - ▶ Never wear the headset in situations that require attention, such as walking, bicycling, or driving.
- 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 and using the input device 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 variation in speed (velocity) or sudden movements may 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.
- It is normal for your headset to feel warm to the touch while in use or while charging. Prolonged skin contact with a headset that is hot to the touch may produce skin discomfort or redness, or low temperature burns. If your headset feels hot to the touch or is uncomfortably warm, stop using or charging it, and allow it to cool down.
-  To prevent possible hearing damage, do not listen at high volume levels for long periods.

## **⚠ WARNING** System Alerts

For your protection, the headset will provide you with the following alerts:

- An audible and visual alert when the headset is overheating. If that alert appears/sounds, to reduce the risk of personal injury, immediately remove your headset and let it cool down before continuing use.
- A visual alert in the event of high volume levels. If that alert appears, lower the sound volume to reduce the risk of hearing loss.

## **⚠ WARNING** 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 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 upon the content being used. Review the comfort rating for the content you were using, and consider using content with a more appropriate comfort rating.

- See a doctor if you have serious and/or persistent symptoms.

## **▲ WARNING** Headset Battery and Charging

Your headset contains a rechargeable Lithium-Ion battery and a power adapter (charger) and charging cable. Improper use of the battery or power adapter may result in a fire, explosion, battery leakage or other hazard. Follow these instructions to reduce the risk of injury to you or others, or damage to your product.

- The battery in your headset is not user replaceable or serviceable. Do not attempt to open your headset to access the battery, open, repair or replace the battery. Please contact Oculus Support, if you need battery or power management support for your device.
- Do not use or wear your headset while connected to the power adapter or charging.
- Only charge your headset with the included power adapter and cable, or an approved power adapter and cable if not included. Do not use other cables or power adapters. If you are unsure about whether a cable or power adapter is compatible with your headset, contact Oculus Support.
- Periodically inspect connection cords, connector tips and the power adapter for damage or signs of wear. Do not use your power adapter if prong(s), enclosure, connector port, connector cable or any part is damaged, cracked, or exposed.
- Do not use external battery packs or power sources other than the included power adapter or authorized accessories to charge the battery or power the headset.

- Do not attempt to charge or use the headset if it does not turn on after attempted charging, if it gets abnormally warm when it is used or charged, or if the battery compartment is swollen, leaking liquid or smoking.
- Do not disassemble, crush, bend or deform, puncture, shred or put a high degree of pressure on the headset. This can cause leakage or an internal short-circuit in the battery, resulting in overheating.
- Avoid dropping your headset. Dropping it, especially on a hard surface, can potentially cause damage to the headset and battery. If you suspect damage to your headset or battery, contact Oculus Support.
- Do not let your headset get wet or come in contact with liquids. Even though the headset may dry and appear to operate normally, the battery contacts or circuitry could slowly corrode and pose a safety hazard. If the headset gets wet, contact Oculus Support, even if the headset appears to be working normally.
- Do not place your headset in areas that may get very hot, such as on or near a cooking surface, cooking appliance, iron or radiator or in direct sunlight. Excessive heating can damage the headset or the battery and could cause the headset or the battery to explode. Do not dry a wet or damp headset with an appliance or heat source such as a microwave oven, hair dryer, iron or radiator. Avoid leaving your headset in a car in high temperatures.
- In the event of a battery leak, do not allow the liquid to come in contact with the skin or eyes. If contact has been made, wash the affected area with large amounts of water and seek medical advice.

- Always ensure that the headset has adequate ventilation and air flow while in use or charging. Covering the headset with materials that significantly affect air flow may affect its performance and poses a possible risk of fire or explosion.
- Your headset and power adapter comply with applicable limits for industry surface temperature standards. To prevent potential low-temperature burns from prolonged direct contact, avoid direct skin contact with your power adapter for long periods of time when charging, or when plugged into a power source. Ensure the power adapter is in a well-ventilated area, when in use. Use the approved charging cable to optimize proximity of your device to the adapter; do not place adapter under a pillow, blanket or part of your body. Users with special medical or physical conditions that impair the ability to detect heat against your skin should take special care when using the device or charging with the power adapter. Follow any thermal warnings and advisory that may appear on your device's screen.
- Dispose of your headset and battery properly. Do not dispose of the headset or battery in a fire or incinerator, as the battery may explode when overheated. Dispose of separately from household waste. Refer to [www.oculus.com/support](http://www.oculus.com/support) for proper maintenance, replacement, and disposal of your headset.

## **⚠ WARNING** Repetitive Stress Injury

Using the device may make your muscles, joints, neck, hand(s), 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.

## **⚠ WARNING** Accessories

- Your headset and software are not designed for use with any unauthorized accessory. Use of an unauthorized accessory may result in injury to you or others, may cause performance issues or damage to your system and related services.
- Refer to accessory instructions for proper installation, warnings, and use of included and authorized accessories.
- Only use recommended batteries and charging systems for authorized accessories.
- Install and use wrist straps or lanyard with accessories when available to secure to your wrist when in use.
- Use lanyards with all tracked accessories so they do not become loose projectiles.

## **⚠ WARNING** Interference with Medical Devices

The headset and controller(s) may contain magnets or components that emit radio waves, which could affect the operation of nearby electronics, including cardiac pacemakers, hearing aids and defibrillators. If you have a pacemaker or other implanted medical device, do not use the headset and controller without first consulting your doctor or the manufacturer of your medical device. Maintain a safe distance between the headset and controller and your medical devices. Stop using the headset and/or controller(s) if you observe a persistent interference with your medical device.

## **⚠ WARNING** **Controller Batteries**

Your controllers contain AA batteries.

- **CHOKING HAZARD.** The remote is not a toy. It contains a battery, which is a small part. Keep away from children under 3.
- **DO NOT INGEST BATTERY. CHEMICAL BURN HAZARD**
- If a battery is swallowed, it can cause severe internal burns and potential perforation of esophagus in just 2 hours and can lead to death.
- If you think batteries might have been swallowed or placed inside any part of the body, seek medical attention, and have your doctor call the battery ingestion hotline at (800) 498-8666 or (202) 625-3333.
- Keep new and used batteries away from children. If the battery compartment does not close securely, stop using the product and keep it away from children.
- Keep in original package until ready to use. Properly dispose of used batteries promptly.
- Battery in the controller is user-replaceable: **CAUTION – RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.**
- Do not disassemble, pierce, or attempt to modify batteries.
- Risk of fire. Batteries can explode or leak if installed backwards, disassembled, charged, crushed, mixed with used or other battery types, or exposed to fire or high temperature.

- Do not allow conductive materials to touch the battery terminals on the controllers. Keep batteries dry and avoid liquid intrusion. Discontinue use and contact Oculus Support if there is liquid intrusion or accidental spill onto the device or battery compartment.
- Discontinue use if you observe any abnormal increase in temperature on the device and/or around the battery compartment(s).
- Warning required by the State of California: Perchlorate Material - special handling may apply, see [www.dtsc.ca.gov/hazardouswaste/perchlorate](http://www.dtsc.ca.gov/hazardouswaste/perchlorate).
- Refer to [www.oculus.com/support](http://www.oculus.com/support) for proper maintenance, replacement, and disposal of batteries.



**WARNING**

## **Electrical Shock**

To reduce risk of electric shock:

- Do not modify or open any of the components provided.
- Do not charge this device if any part of the provided or approved AC Adapter cable is torn, any wires are exposed, or battery compartment damaged.
- Do not insert any metal, conductive, or any foreign objects into the charging port.
- Do not expose the device to water or fluid.
- **ONLY** use provided AC Adapter with your device or other authorized adapter if one was not provided with your device.

## **⚠ CAUTION** 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. Repairs should only be made by an Oculus authorized servicer.

## **⚠ CAUTION** Contagious Conditions

To avoid transferring contagious conditions (like pink eye), do not share the headset with persons with contagious conditions, infections or diseases, particularly of the eyes, skin or scalp. The headset and controller(s) should be cleaned between each use with skin-friendly non-alcohol, non-abrasive antibacterial wipes and with a dry microfiber cloth for the lenses. Do not use liquid or chemical cleansers on the lenses. Replace the facial interface on the headset if it becomes worn or cannot be cleaned.

## **⚠ CAUTION** 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. Similarly with the hand-controller, please stop use if you observe any skin irritation or reaction. If symptoms persist, contact a doctor.

## **⚠ CAUTION** Device Temperature



It is important to check the temperature of your device as front surfaces may get hot. To reduce the risk of injury, take caution and do not touch hot surfaces for prolonged periods.

## **⚠ CAUTION Use Environment**

To avoid damage to your headset or controllers, do not expose them to moisture, high humidity, high concentrations of dust or airborne materials, temperatures outside their operating range or direct sunlight. Keep cables away from children and pets.

## **NOTICE Not a Medical Device**

The headset and accessories are not medical devices, and are not intended to diagnose, treat, cure, or prevent any disease.

## **NOTICE Keep Away from Pets**

- To avoid damage, keep your headset, charger, cables and accessories away from pets.