

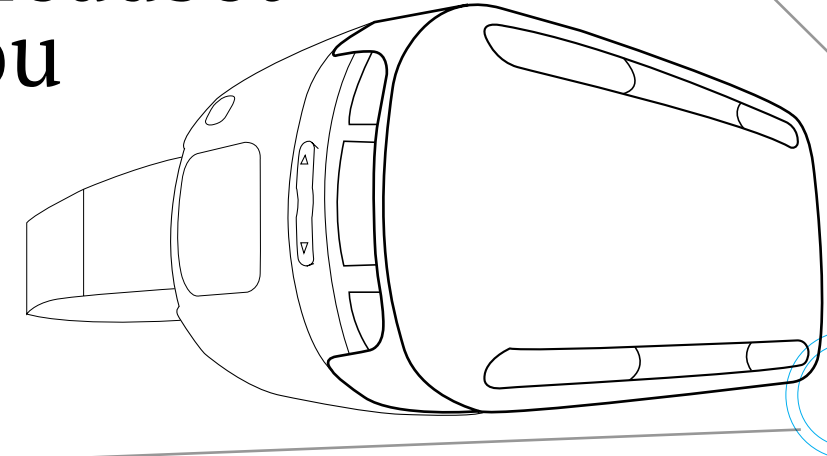
The User's Guide to Virtual Reality

An Introduction



Welcome to the world of Virtual Reality, **where the virtual is now a reality**. This guide will give you the most basic, yet essential information on Virtual Reality. You will learn about some history, present day functions, future plans, and how the system is used today. You will even get the chance to try a VR simulator before you actually put the headset on. Get those VR headsets ready because we are about to embark on a VR adventure.

Your Headset and You



Before We Begin

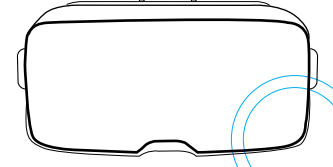
Each virtual reality system has a warnings page advising the user to take special precautions when working with the material. Here are a few to keep in mind:

- Take **frequent breaks** while using this application
- If you feel **nauseous, discomfort, eye strain, disorientation, or any other health reactions**, stop use
- Not for children under the age of 13 without adult supervision
- Do not use while driving, walking, or by being distracted from real world situations that prevent you from obeying traffic or safety laws
- If you have had or could be prone to seizures, consult a doctor before using
- Do not drive or operate heavy machinery immediately after using if you feel impaired or disoriented

Keeping Your VR Headset Safe

To keep your Virtual Reality system in the safest condition possible, be sure to follow these steps:

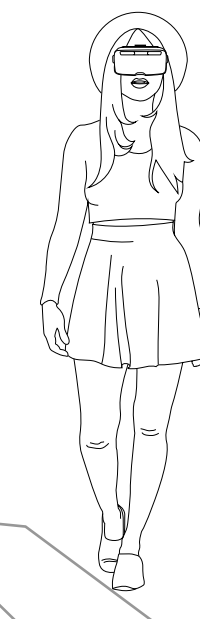
- Do not leave the system in sunlight as it can be damaged
- Do not shine a laser or external light source through the headset as it can damage the screen
- Store all headset components in their storage case to minimize external damage



How to Wear a VR Headset

In order to watch Virtual Reality content through a headset there are a couple things that must be done first to ensure the viewer is safe:

- Make sure you are in a room or space that is empty- always be aware of your surroundings and for the safest use stay seated
- Read all warnings and instructions
- Make sure the software you use is recommended by Oculus- otherwise there may be discomfort
- Adjust the headset so it is level and secured on your head and that you see one image
- Let your body adjust to the device by only using it a couple minutes at a time and then increasing

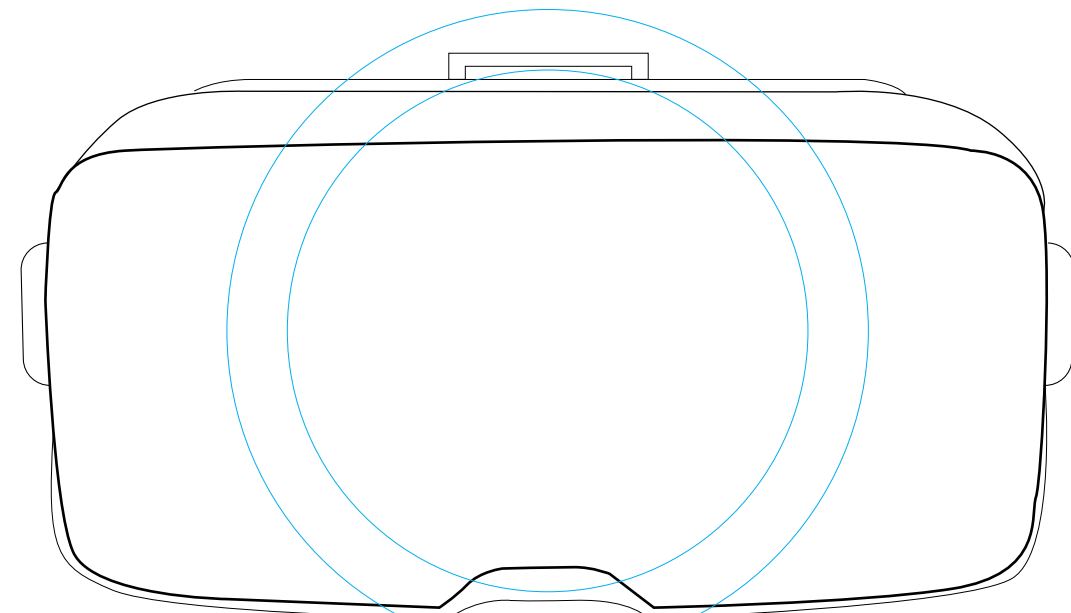


Ready to go?



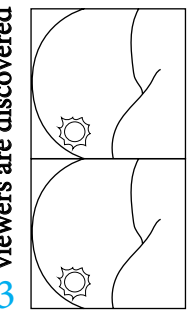
Once you are using the headset take a **10 to 15 minute break every 30 minutes**, even if you don't feel tired. If you feel any kind of pain or discomfort take the headset off right away and rest for a couple of hours. Do not use your device if it is broken, bring it to an authorized service. Remember that as long as you follow all the guidelines, you should have a great VR experience.

Enjoy!



Timeline

1863 Charles Wheatstone invents a system of stereoscopic images. The first stereoscopic images are **discovered**

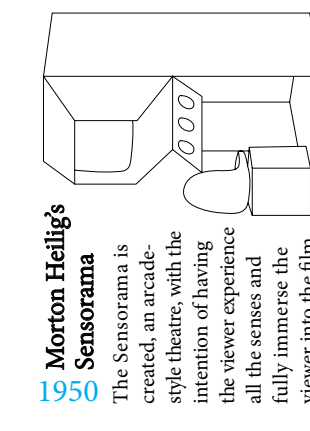


1960 The first VR Head Mounted Display. It is also described as the first head-mounted display. It is made of a monitor and a camera. It is connected to a computer with wires.

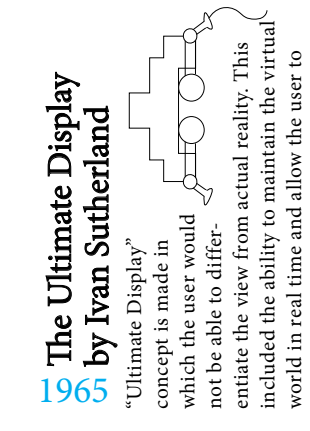
1995 Nintendo Virtual Boy is the first VR game console. It is a handheld console. It is made of a monitor and a camera. It is connected to a computer with wires.

2016 Oculus Touch. It is a VR controller. It is made of a monitor and a camera. It is connected to a computer with wires.

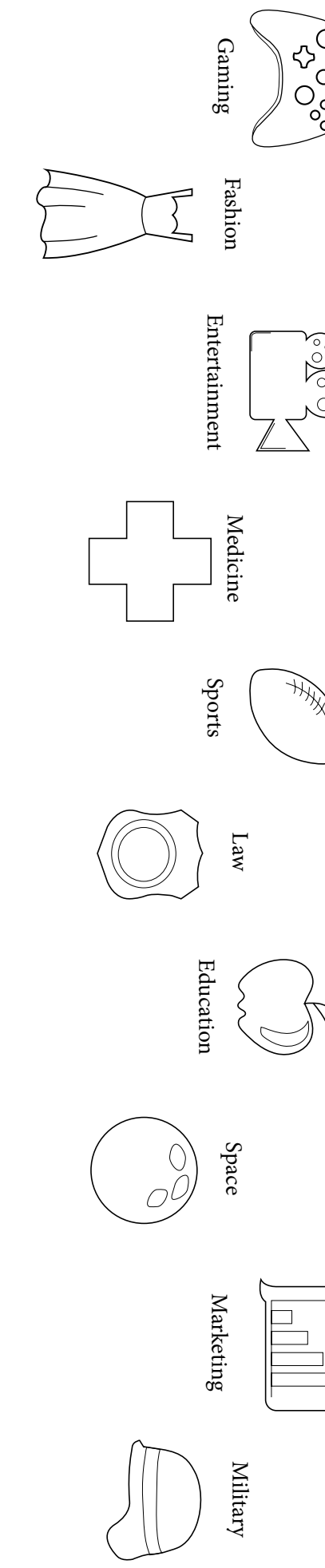
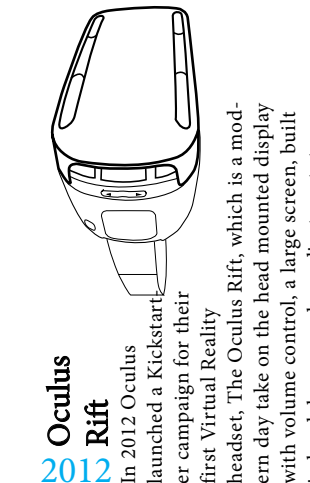
1951 Morton Heilig invents the Sillatron. It is a VR simulator. It is made of a monitor and a camera. It is connected to a computer with wires.



1967 The Ultimate Display by Ivan Sutherland. It is a VR simulator. It is made of a monitor and a camera. It is connected to a computer with wires.

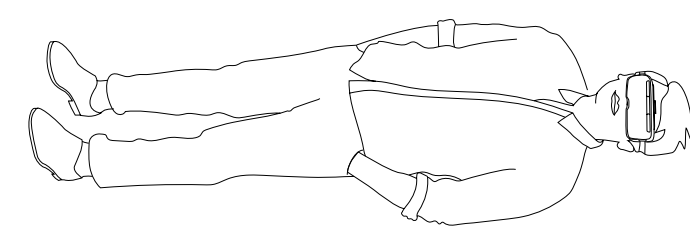


2012 Oculus Rift. It is a VR headset. It is made of a monitor and a camera. It is connected to a computer with wires.



VR in Our World

VR is known to have been used for video game experiences, but there are so many more uses for it. Companies around the world are competing to see how they can incorporate virtual reality into their products. Here are 10 industries it is now a part of.



The User

Anyone can use the system, as long as they are not afraid under the influence of alcohol or drugs, hung-over, have digestive problems, are under emotional stress or anxiety, or when suffering from cold, flu, headaches, migraines, or earaches.

If the user has had a recent, low of sensation, 1 or other symptoms linked to an epileptic condition than they should not use the system. If you are pregnant, you should not use the system. If you have a heart condition or other serious medical condition, you should consult a doctor before using the system.

The system can be used by anyone above 13. It is highly suggested that anyone under 13 do not use the system. If you are pregnant, you should not use the system. If you have a heart condition or other serious medical condition, you should consult a doctor before using the system.