

## Health and Safety Warnings

**⚠ WARNING** **HEALTH & SAFETY WARNINGS:** To reduce the risk of personal injury, discomfort, or property damage, please ensure that each headset user carefully reads the warnings below before using this VR system.

Visit the Safety Center at [store.meta.com/quest/safety-center](https://store.meta.com/quest/safety-center) for more information on the safe use of your VR system.

Throughout this Guide, we include icons to illustrate and orient you to health and safety issues. The icons are not a substitute for the text of this Guide, so please use them together.

**⚠ WARNING** **Before Using Your VR System**

- Read and follow all setup and operating instructions provided with the headset, including hardware and software recommendations. Risk of discomfort may increase if the recommended hardware and software are not used.
- Your headset and software are not designed for use with any unauthorized device, accessory, software, or content. Use of an unauthorized device, accessory, software, 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, and may cause damage not covered by your warranty.
- **Headset Adjustment.** To reduce the risk of discomfort, the headset should be balanced and centered, and the distance between the lenses (the intra-axial distance, or IAD) should be appropriately set for each user. Adjust



the rear and top straps to ensure comfortable placement of the headset. Adjust the IAD for each user by moving the eyecups directly to whichever of positions 1, 2, or 3 provides the clearest image. When properly adjusted, the headset should fit comfortably and you should see a single, clear image. Re-check the settings before resuming use after a break to avoid any unintended changes to any adjustments.

- **Content Selection.**

- Content ratings may be provided by international or regional rating agencies and provide age recommendations paired with content descriptors. Virtual reality is immersive and can be intense. Frightening, violent, or anxiety-provoking content can cause your body to react as if it were real. Choose your content carefully and refer to provided content ratings.
- Meta also provides comfort ratings for some content. Comfort ratings relate to the amount of camera motion, player motion, and the potential for disorienting content and effects. Review these comfort ratings before selecting or using content. (For more details on how comfort ratings can help provide a comfortable experience, go to [store.meta.com/help/quest/comfort](https://store.meta.com/help/quest/comfort)).
- If you are new to virtual reality or have a history of discomfort when exposed to certain content or experiences, start with Comfortable-rated content before trying Moderate, Intense, or Unrated content.
- Read and follow all instructions and warnings provided with content.



- **Use Only When Unimpaired.** A comfortable virtual reality experience requires an unimpaired sense of motion and balance. Do not use the headset when you are experiencing any of the following (as it may increase your susceptibility to adverse symptoms):
  - Tiredness or exhaustion;
  - 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.

**▲ WARNING** Pre-Existing Medical Conditions

- Consult with your doctor 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.
  - **Seizures.** Some people (about 1 in 4,000) may have severe dizziness, seizures, eye or muscle twitching, or blackouts triggered by light flashes or patterns. 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. These symptoms arise more commonly in children and young people. Anyone who experiences any of these symptoms should stop 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.

- **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, consult your doctor or the manufacturer of your medical device before using the headset or controllers. Maintain a safe distance between the headset and controller and your medical devices. Stop using the headset or controller(s) if you observe a persistent interference with your medical device.

**▲ WARNING** Age Requirement/Children

- This product is not a toy and should not be used by children under the age of 13. 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.
- Prolonged use by children age 13+ should be avoided, as this could negatively impact hand-eye coordination, balance, and multi-tasking ability.
- Adults should monitor children age 13+ during and after their use of the headset to:
  - Ensure that children follow these warnings, including the Before Using Your VR System and the Use Only in a Safe Environment sections;
  - Monitor for any of the symptoms described in these warnings (including those listed in this section or the Discomfort and Repetitive Stress Injury sections);



- Ensure that children use appropriate content (consider both content and comfort ratings) and use parental controls where available; and
- Limit children's time spent using the headset and to ensure they take breaks during use.

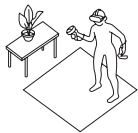
## Your Play Space and Surroundings

### **⚠ WARNING** Risks Associated with Freedom of Movement

Your headset is designed to track your movement during use and model your actions in the virtual world as you move in the real world, all without requiring wires or cables connected to a personal computer. This freedom of movement means that you must take appropriate action to have a safe experience.



**⚠ WARNING** **Set Up and Use Only in a Safe Environment:** The headset produces an immersive experience that can distract you and can completely block your perception of your actual surroundings.



## Setting Up Your Safe Play Space

- **Always be aware of your surroundings before starting and while using the headset. Use caution to avoid injury.**
- You are responsible for creating and maintaining a safe play space.
- Only use your headset indoors.
- Clear a safe area all around you, including overhead, before using the headset. Serious injuries can occur from tripping or running into or striking walls, furniture, objects, or people.
- Also avoid use in, near, or under areas, objects, animals, or other things that could cause injury through trips, falls, contacts, strikes, loss of balance, or other unsafe conditions or interactions, such as:
  - Walls
  - Furniture
  - Lamps
  - People
  - Pets
  - Stairs
  - Ramps
  - Balconies
  - Open doorways
  - Windows
  - Open flames or sources of heat (like candles or fireplaces)
  - Liquids



- Ceiling fans or light fixtures
- Televisions, monitors, or other electronics
- Prepare a play space that is appropriate for the content selected.
  - Always ensure your play space is free of hazards.
  - If you are using content that allows moving about your play space, your play space should be large enough to allow you to extend your arms with the controllers (if you are using them) without coming into contact with objects, and should include a buffer between this space and any objects. Your buffer should be large enough that if you inadvertently trip or fall you will not come into contact with an object or area that could be hazardous.
  - **Mixed reality.** Some content may allow you to interact with external, real-world objects (such as a wall, table, keyboard, or desk) viewed in your virtual world while you are using your headset (called mixed reality). Ensure that these objects are appropriately secured and clear of hazards, such as liquids, sharp objects, heat sources, open flames, etc.
- The surface that you are seated or standing on while using your headset should be level, stable, and clear of obstructions. Do not use on uneven surfaces such as floors with loose rugs or carpeting, or other similar hazards.
- Consider having another person act as a spotter while you move around in your virtual world.
- Because your perceptions are limited while in VR, do not hold or handle things that are dangerous, may injure you, or may be damaged.
- Take appropriate steps to prevent others from entering your

play space, including people (particularly children) or pets who do not understand that your perceptions are limited.

- Stop using the headset if your environment becomes unsafe. If you sense that something or someone has entered your play space, stop, remove your headset, and pause your VR experience to make sure your play space is still safe.

### Time & Breaks

- Ease into using your headset to allow yourself to adjust both to the headset and the specific experience. While appropriate use periods and breaks will vary from person to person and based on the selected content, you should always take regular breaks when using your headset.
  - Start by using your headset for only a few minutes at a time, and only increase the amount of time using the headset gradually as you grow accustomed to the experience.
  - Take a break at least every 30 minutes while you are becoming accustomed to your headset or new content. Take breaks more frequently than every 30 minutes if you feel discomfort.
  - Always take a break if you feel discomfort and don't start again until you are no longer feeling discomfort.
  - Extended use without adequate breaks may increase the risk of injury, other adverse effects, or property damage.

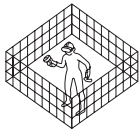


### Interaction with the Real World when Wearing the Headset

- Move carefully while you explore the virtual world. Fast or abrupt motion may cause a collision or loss of balance.

- If you lose your balance or your sense of balance feels affected, remove your headset and take a break until normal balance returns.
- Remember that objects you see in the virtual world may not exist in the real world. Don't sit or stand on virtual objects or use them for support.
- Remain seated unless your game or content experience requires standing or moving around your play space.
- Use of the headset with glasses may increase the risk of facial injury if you fall or hit your face.
- The rings on your controllers extend away from your hands. Use caution when moving your hands and arms so the controllers don't collide and so you don't strike yourself with the controllers.

- **The Guardian System.** The headset contains a virtual boundary system feature—called the Guardian system—designed to help you stay in your play space and avoid collisions with objects in the physical world while you are in your virtual environment.



- Follow on-screen instructions to define your play space, and follow the instructions and warnings meant to keep you in your designated cleared play space.
- The Guardian system may offer different settings depending on the content selected. Choose settings based on the content selected and your preferred experience in that content.
- The Guardian system works best in a cleared space with walls and surroundings that create different patterns for the sensors to track. The Guardian system may not work properly in areas with undecorated, plain walls; glass; or

mirrors. You are still responsible for using the headset in a safe environment as described in this Guide.

- The Guardian system will only alert you to the boundary of your play space. It cannot prevent you from moving out of your play space or other objects from entering your play space. For example, it will not prevent you from running into a wall, or falling through a door or window, or down a stairwell. Take care to ensure your play space is clear of overhead hazards like ceiling fans and light fixtures.
- The Guardian system may not identify everything in your play space.
- Follow all on-screen notifications for redefining the boundaries of your play space or for the proper operation of the Guardian system if prompted to do so.
- Moving at high speeds may not permit you to react in time to stay in your play space, even if the Guardian system alerts you, so make sure you move slowly enough to react to any Guardian system alerts.
- The Guardian system may not work if your headset is damaged.
- You can get more information about the Guardian system at [store.meta.com/help/quest/guardian](https://store.meta.com/help/quest/guardian).
- **Pass-Through Camera.** Your headset is equipped with a



“pass-through” camera feature that uses a camera to display your physical surroundings on your headset screen.

- The pass-through camera can help you stay inside your preset play space boundaries created in the Guardian system and help alert you if you approach your boundaries or go outside them.
- The pass-through camera is not as good as your natural senses. It may lag behind (latency) what is actually occurring, has a smaller field of view, and may impair depth perception.
- Take appropriate precautions when using the pass-through camera to view your surroundings.
  - Always remove your headset for any real-world situation that requires attention or coordination so that you have an unobstructed view.
- **Mixed reality.** In general, do not use the pass-through camera to interact with real-world objects. When using mixed reality experiences that do allow those interactions, follow warnings and recommendations in selecting and interacting with real-world objects.
- **Navigation.**
  - Move slowly and carefully whenever you are using the pass-through camera.
  - Do not use the pass-through camera to navigate the real world, other than for short distances to return to your play space or transition to another nearby play space.
  - Do not attempt to use the pass-through camera to navigate areas that may contain stairs, slopes, or other hazards.




- Follow all software instructions and warnings that arise during, before, and after pass-through camera use.
- Only use the pass-through camera to focus on real-world objects briefly.
- Focusing on objects in the real world through the pass-through camera may result in temporary effects on balance and hand-eye coordination if used for a long period of time.
  - Effects from prolonged use of the pass-through camera may put you at an increased risk of injury when engaging in normal activities in the real world. Until you have fully recovered from any effects, do not drive, operate machinery, or engage in other visually or physically demanding activities that potentially could result in injury to you or others, or damage to property, or other activities that require unimpaired balance and hand-eye coordination.

### Prohibited Uses

- The headset is not for use outdoors. Use of the headset outdoors creates additional and uncontrolled hazards, like uneven and slippery surfaces and unexpected obstacles and vehicles (traffic). Also, the headset may not work properly outdoors.
- Never wear the headset in situations that require attention, such as running, bicycling, driving, or handling hazardous objects, whether indoors or outdoors.



### Hearing Damage

-  To prevent possible hearing damage, do not listen at high volume levels for long periods.

#### **WARNING** System Alerts

For your protection, you should take immediate action when prompted by system alerts. The headset may provide you with the following alerts:

- **Overheating Alert.** An audible and visual alert in the event 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.
- **Sound Volume Alert.** 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.
- **Outside of Play Space Alert.** A visual alert if you are outside of your play space. If that alert appears, remove your headset or go back to your play space to continue your experience, if desired.
- **Tracking Error System Alerts.** A visual alert if the headset's tracking system is not operating properly. Note if the headset is experiencing tracking issues, then the Guardian system may not be functioning properly or may be disabled. If this alert appears, remove the headset and move to a safe space. Afterwards, follow the instructions provided on-screen to address the issue.

#### **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 less intense comfort rating.

- See a doctor if you have serious or persistent symptoms.
- Use of the headset in a moving vehicle such as a car, bus, plane, or train may increase your susceptibility to adverse symptoms due to variation in speed or sudden movements.

#### **⚠ WARNING** Headset Battery and Charging

Your headset contains a rechargeable Lithium-Ion battery and may come with 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 or other property.

- The battery in your headset is not user replaceable or serviceable. Do not attempt to open your headset to access the battery, or to open, repair, or replace the battery. Please contact Support if you need battery or power management support for your device.
- 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 whether a cable or power adapter is compatible with your headset, contact 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. Inspect your headset for visual damage before each use. If you suspect damage to your headset or battery, contact 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 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 occurs,

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 (if provided) 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. 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 advisories that may appear on your device's screen.
- Recycle or dispose of your headset and battery in accordance with all applicable laws and regulations. In some areas, the disposal of certain electronic devices is strictly regulated. 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 [store.meta.com/help/quest](https://store.meta.com/help/quest) for proper maintenance and replacement of your headset. Refer to [store.meta.com/legal/quest/compliance/](https://store.meta.com/legal/quest/compliance/) for information on how to recycle your unwanted headset.



**WARNING** Headset Temperature



It is important to check the temperature of your headset as some contact points—including front surfaces—may get hot. 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 where it touches the skin 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.

#### **⚠ 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 and Controllers

- 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, and may cause damage not covered by your warranty.
- 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 and controllers.
- Install and use wrist straps or lanyards with accessories and controllers when available to secure to your wrist when in use

so they do not become loose projectiles.

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

Your Meta Quest 2 Touch Controllers contain AA batteries.

- **CHOKING HAZARD.** The controller is not a toy. It contains batteries, which are small parts. Keep away from children under 3.
- 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 until it can be repaired.
- Keep in original package until ready to use.
- Promptly recycle or dispose of used batteries in accordance with all applicable laws and regulations.
- Battery in the controller is user-replaceable.
- Do not mix old and new batteries. Replace all batteries of a set at the same time.
- 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.
- In the event of a battery leak, avoid eye or skin contact with any liquids. If contact occurs, wash the affected area with large amounts of water.
- Remove exhausted batteries from product promptly. Remove batteries before storage or extended periods of non-usage. Exhausted batteries may leak and damage your controllers.
- Refer to [store.meta.com/help/quest](https://store.meta.com/help/quest) for proper maintenance and replacement of controller batteries, and refer to local requirements for information on how to recycle or dispose 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** VR System Care

- Do not use your system if any part is broken or damaged.
- Do not attempt to repair any part of your system yourself. Repairs should only be made by an authorized servicer of Meta Quest devices.
- 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.
- To avoid damage, keep your headset, charger, cables, and accessories away from pets.



## **⚠ 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, loss of hair or other skin reactions. As with the hand-controller, please stop use if you observe any skin irritation or reaction. If symptoms persist, contact a doctor.

## **NOTICE** No Direct Sunlight on Lenses

Avoid direct sunlight on the lenses. Do not store or carry the headset so the lenses are exposed to direct sunlight. Direct sunlight on the lenses for even brief periods may damage the optics and display.



## **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.

## Regulatory Information

### Regulatory Information – UK

Meta Platforms Technologies, LLC hereby declares that this product is in compliance with the Radio Equipment Regulations

2017 (SI 2017/1206). For the full declaration of conformity, see [store.meta.com/legal/quest/compliance/](https://store.meta.com/legal/quest/compliance/).

### Regulatory Information – EU

Meta Platforms Technologies, LLC hereby declares that this product is in compliance with the essential requirements and the other relevant provisions of Directive 2014/53/EU. For the full declaration of conformity, see [store.meta.com/legal/quest/compliance/](https://store.meta.com/legal/quest/compliance/).



AT, BE, BG, HR, CY, CZ, DK, EE, FI, FR, DE, EL, HU, IE, IT, LV, LT, LU, MT, NL, PL, PT, RO, SK, SI, ES, SE, UK(NI), CH, LI, NO, TR, IS

This device is restricted to indoor use when operating in the 5.150 to 5.350 GHz frequency range.



UK

CE marks and other important regulatory compliance marks are placed under the right strap of the headset.

### RF Exposure Information

This device meets the EU requirements and the International Commission on Non-Ionizing Radiation Protection (ICNIRP) on the limitation of exposure of the general public to electromagnetic fields by way of health protection.

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