Welcome to Immersive Learning with Strivr

STEP

01

Get ready

Get ready to experience Immersive Learning. You'll be putting on a VR headset and exploring training activities in a virtual world.

This booklet will give you an overview of how to use the equipment and what to expect, plus some troubleshooting tips.

The main pieces of equipment you'll be using are the VR headset and its attached controller.

Before you start training, make sure the headset is charged. Plug the white USB cable into the adapter and plug it into a wall outlet. Then plug the other end into the charging port on your headset. If you see a red or yellow light on the headset, it's charging. If the light shows green, the headset is fully charged. Don't start training if the light is red.

A full charge takes about two hours.

INDICATOR LIGHT

CHARGING PORT

02

Get familiar with the equipment

The controller

TRIGGER

VOLUME

BATTERY COMPARTMENT

BACK

HOME

INDICATOR LIGHT

The controller is what you use to point and click in VR, using the trigger.

When you first put the headset on, you may be asked to re-center or calibrate the controller, matching the view inside the headset to the direction you're facing. Do this by holding down the home button for two seconds.

Control the volume with the buttons on the side of the controller, pause the experience with the back button, and exit to the Strivr menu with the home button.

The headset

To turn the headset on, press and hold the power button located on the bottom of the headset for about five seconds or until the indicator light next to the power button turns blue. To check to see that it's powered on, hold the headset up to your eyes and the screen inside will illuminate.

If you accidentally press the power button during training, the display will go to sleep. Press it again to turn the display back on and resume training.

Wearing the headset

Put the headset over your eyes first (if you have glasses, leave them on—most frames fit.) Then pull the straps over your head and adjust the straps until they're comfortable. The headset includes a detachable inner top strap for a good fit. If you take it off, be sure not to lose it.

Once the headset's charged and powered on, you're ready to start training with Strivr.

VOLUME CONTROL   HEADPHONE JACK   CHARGING PORT   POWER   INDICATOR LIGHT

REMOVABLE INNER STRAP

SIDE STRAP

03

Connect to Wi-Fi

If this is the first time this headset is being used at your location, you'll need to connect to your local Wi-Fi network.

Put the headset on and hold Trackpad-UP and the trigger for three seconds to open the Wi-Fi page.
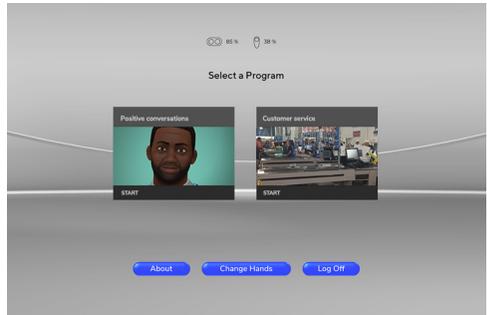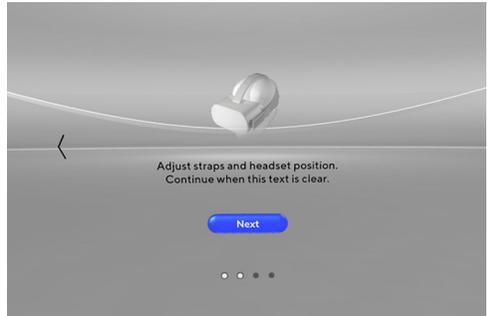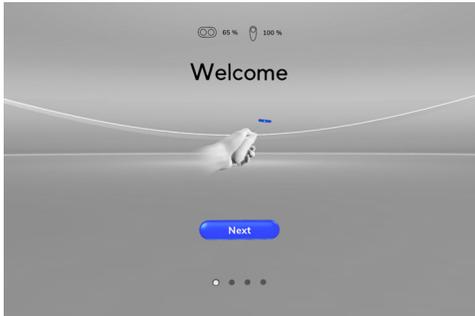

Make sure Wi-Fi is on, then select your Wi-Fi network and key in the password. Select the return arrow to go back to training.
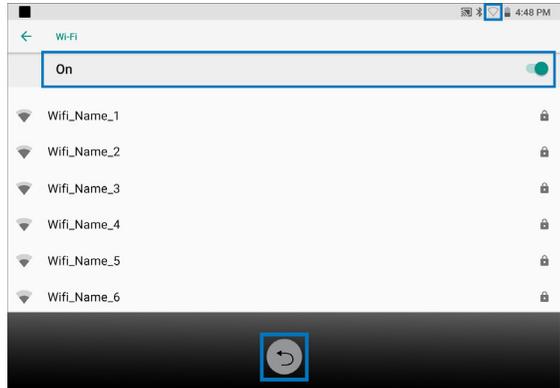

In the headset, you can check that you're connected by visting the About page. Select **About** on the menu screen and make sure the status reads **Connected to Strivr**.

When you put the headset on, you'll see several screens with the kind of information you're reading right now: how to adjust the headset and how to use the controller. Next you'll be asked to log in with the credentials you received from your company. Then you'll pick a training experience and dive in.

NOTE: Your company's screens may look different than the screens you see here.
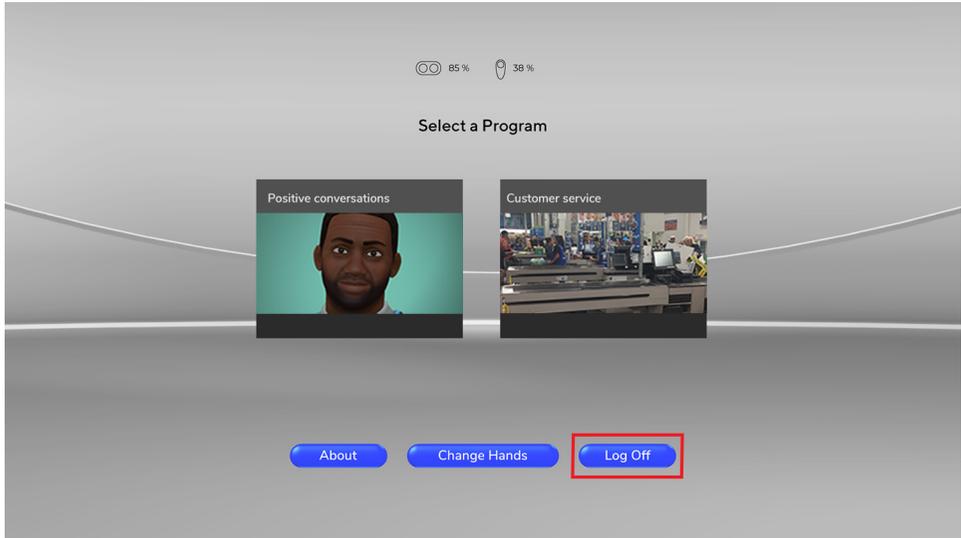
When your training ends, make sure to log off inside the headset—if you don't, your results can't be sent to your company and you won't get credit for the training.

06

Clean and replace the equipment
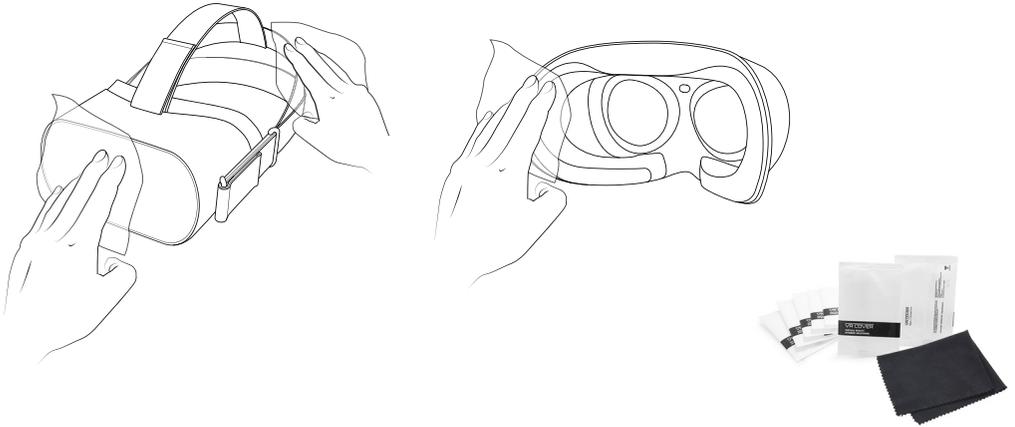
Before you replace the headset and controller in the tray, use the included wet wipes to make sure the equipment is clean and disinfected. Wipe the entire headset and controller including the headset straps, but not the lenses! Then use the dry microfiber cloth to wipe the lenses. Starting from the center of the lens, gently wipe the lens in a circular motion moving outwards.

Place the headset and controller back into the tray and plug the charging cable into the headset.

Thank you for training with Strivr

The screen is black

Try the following solutions in order until one works:

- You may have pressed the power button on the headset when putting it on. Press it again to wake the headset.
- Try rebooting the headset by holding down the power button for about 5 seconds
- If the screen is still black, connect the headset to power for 15 minutes and check again.

The controller is not working

If the controller is unresponsive and the controller battery level is flashing 0%, press the Home button to wake the controller. The battery level should reset.

If the controller is still unresponsive, try the following solutions in order until one works:

- Press and hold the Home button for two seconds to re-center the controller.
- Open the battery compartment on the back of the controller and make sure the battery is pushed in all the way.
- If the controller has become disconnected from the headset, re-pair it by pressing the Home button. The indicator light starts to blink—when the light turns off, the controller is paired.
- If these solutions don't work, try replacing the controller batteries. NOTE: you can check the battery level during training by holding the controller in front of the headset.

The headset is not charging

Try the following solutions in order until one works:

- Plug the headset into the adapter and wait 15 minutes. If the light is yellow, the headset is currently charging. If the light is green, the headset is fully charged.
- If no light shows on the headset, make sure the USB cable is fully plugged into the adapter and the headset.

I accidentally exited training

If you accidentally exit training and see the Pico Settings screen, you can return to training by pressing the Home button.

The headset is not connected to Strivr

If the About screen in the headset does not say **Connected to Strivr**, it cannot transfer training results and download training content. If the About screen says **Wi-Fi not enabled**, open the Wi-Fi screen as shown in Step 3 of this document and enable Wi-Fi. If you see the status **Not Connected to Strivr**, contact support.

Note that learners can train when not connected to Strivr.

I sometimes feel dizzy. Should I take precautions?

Discomfort can happen, especially for first-time VR users. If you feel discomfort, the first thing to do is take off the headset and relax for a few minutes. You may find when you try again, you feel fine. Try sitting in a swivel chair to train, rather than standing. If that doesn't mitigate the dizzy feeling, no problem—we never want to force anyone into the headset.

Let your manager know if you are unable to complete the training.

Strivr health & safety warnings

USING VIRTUAL REALITY ("VR") CAN PO-TENTIALLY HAVE UNINTENDED HARMFUL EFFECTS ON YOUR HEALTH OR SAFETY. TO REDUCE THE RISK OF PERSONAL INJURY, USING VIRTUAL REALITY ("VR") CAN PO-TENTIALLY HAVE UNINTENDED HARMFUL EFFECTS ON YOUR HEALTH OR SAFETY. TO REDUCE THE RISK O PERSONAL INJURY, DISCOMFORT, OR PROPERTY DAMAGE, PLEASE ENSURE THAT ALL USERS READ THESE WARNINGS CAREFULLY BEFORE USE.

CONSULT WITH A PHYSICIAN BEFORE USING VR IF YOU ARE PREGNANT, ELDERLY, EPILEPTIC, OR HAVE VISION, PSYCHIAT-RIC, HEART, OR OTHER SERIOUS MEDICAL CONDITIONS. THIS PRODUCT SHOULD NOT BE USED BY CHILDREN UNDER THE AGE OF 13. DO NOT USE IF YOU ARE SICK, FATIGUED, UNDER THE INFLUENCE OF INTOXICANTS/ DRUGS, OR NOT FEELING WELL, AS IT MAY EXACERBATE YOUR CONDITION.

Photosensitivity & seizures

Some individuals may experience epileptic seizures or blackouts when exposed to certain light patterns or flashing lights. Exposure to certain patterns or backgrounds on a screen or when viewing video content, such as VR con-tent, may trigger epileptic seizures or blackouts.

These conditions may trigger previously unde-tected epileptic symptoms or seizures even in persons who have no history of prior seizures or epilepsy.
If you, or anyone in your family has an epileptic condition or has had seizures of any kind, con-sult your physician before using these Services.

Nausea & potential health effects

VR may trigger motion sickness in some individuals due to the difference in the field of vision and focus points between the real world and the virtual world. Cease use of VR immedi-ately if you experience disorientation or motion sickness.

IMMEDIATELY DISCONTINUE use and con-sult your physician before resuming use of the Services if you experience any of the following health problems or symptoms at any time be-fore, during, or after use:
Dizziness
Altered, blurred, or double vision or eye dis-comfort
Eye or muscle twitches
Loss of awareness
Disorientation
Panic or anxiety attack
Excessive sweating
Nausea

Lightheadedness
Seizures
Any involuntary movement or convulsion
Any symptoms similar to motion sickness

Symptoms of VR exposure can persist and become more apparent hours after use. Post-use symptoms can include the symptoms above, as well as excessive drowsiness and decreased ability to multitask. 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 (e.g. death, personal injury, property damage), or other activities that require unimpaired balance and hand-eye coordination until you have fully recovered from any symptoms. RESUME USE OF VR ONLY ON APPROVAL OF YOUR PHYSICIAN.

Radio waves & medical devices

VR hardware (including headsets, controllers, and other devices) may contain magnets or components that emit radio waves. The frequencies of these radio waves may interfere with pacemakers, hearing aids, defibrillators, or other implanted electrical devices. If you have a pacemaker or other implanted medical device, DO NOT USE STRIVR WITHOUT FIRST CONSULTING YOUR DOCTOR OR THE MANUFACTURER OF YOUR MEDICAL DEVICE. Maintain a safe distance between these devices and your medical devices, and stop using these devices if you observe a persistent interference with your medical device.

Safety precautions

Wearing a VR headset may distract you from, and will completely block your view of, your actual, physical surroundings. Always be aware of your surroundings before beginning use and while using the headset. Use caution to avoid injury.

Use of a VR headset may cause loss of balance. Remain seated unless your training module requires standing. The objects you see in the VR environment do not exist in the real world, so do not sit, stand, or lean on VR objects, or attempt to use them for support. Serious injuries can occur from tripping, running into or striking walls, furniture or other objects, so clear an area for safe use before using the headset.

Take special care to ensure that you are not near other people, objects, stairs, open doorways, windows, furniture, open flames, ceiling fans or light fixtures, televisions or monitors, or other items that you may impact when using—or immediately after using—a VR headset. Remove any tripping hazards from the area before using the headset.

While using a VR headset, you may need to extend your arms fully out to the side or over your head, so make sure all of those areas are clear. Remember that while using a VR headset, other people may enter your immediate area without your awareness. Be cautious when extending your arms, moving around, and using the controller to avoid contacting other individuals who may have entered the area.

Read and follow all setup and operating instructions, and review all recommendations for use of the VR headset and controllers.

Content

VIEWER DISCRETION ADVISED. CONTENT VIEWED IN THE VR HEADSET MAY CONTAIN VIOLENT IMAGES OR STRONG OR PROFANE LANGUAGE (e.g. armed robbery). If you have a history of any physical or psychological problems triggered by experiencing scary, violent, or anxiety-inducing images or videos, avoid viewing the triggering content or do not use the VR headset.

Pico health & safety warnings

For health and safety information, please visit:
https://www.pico-interactive.com/us/terms/user_safety.html