

USE OF VIRTUAL REALITY – WARNINGS

Virtual reality offers an immersive experience that can be particularly intense, especially during a first use. In order to ensure your comfort and safety, it is important to be aware of **the potential risks** and to take **the following precautions**:

Potential Risks

The use of a virtual reality (VR) headset repeatedly or for prolonged periods presents certain risks. It can lead to adverse effects both physically and psychologically. In addition, exposure to the sometimes imperceptible flashes of VR headset screens can trigger epileptic seizures in epilepsy individuals. Photosensitive individuals are also more at risk given the light stimulations of this type of device.

- Physical and Physiological Risks:

Cybersickness:

A condition associated with symptoms such as nausea, headaches, postural instability, disorientation, and general fatigue. When using a VR headset, this condition occurs due to a mismatch or conflict between what your eyes, sense of balance, and body perceive.

Vision fatigue:

Tension or physiological stress resulting from excessive effort by the visual system. Symptoms include eye strain, headache, blurred vision, dry eyes, and neck and shoulder pain.

Musculoskeletal disorders (MSD):

A set of disorders that affect the joints, muscles, tendons, ligaments, cartilage, and sometimes the nerves. Frequent or prolonged use of a VR headset, as well as the postures adopted during virtual reality sessions, can contribute to the development of MSDs.

Falls of the same level:

A fall caused by disorientation, the presence of an obstacle, or dizziness of the user.

Circadian rhythm disorder:

The blue light emitted by VR headset screens is likely to disrupt the user's biological clock, potentially leading to sleep problems.

- Psychological risks:

Acute Stress:

An intense and temporary reaction of the body following a sudden or short-lived stressful or traumatic event.

The stimuli of the virtual environment can sometimes surprise and overwhelm users who are not expecting them.

Mental Overload:

A state in which the brain receives too much information or faces too many requests to process, which can lead to difficulties with concentration, irritability, a decrease in motivation, or decision-making fatigue.

Safety Measures

If you borrow the VR headset, you are responsible for its proper maintenance and use. Do not disassemble, modify, or expose it to heat, liquids, or impacts.

First-time VR users are advised to sit on the floor or in a position that minimizes the risk of falling while they acclimate to the virtual environment.

Use the headset in a clear, unobstructed space to reduce the risk of falls.

Stop the session immediately if you experience symptoms of cybersickness, acute stress, or any other adverse physical or psychological effects.

Precautions

Do not use the VR headset if you are pregnant or suffer from heart, psychiatric, epileptic, or other serious health conditions.

Do not use the headset under the influence of alcohol or drugs, or if you are extremely tired.

Adjust the straps and lens spacing correctly before use.

Take regular breaks (10 to 15 minutes per hour) during virtual reality sessions to reduce the risk of musculoskeletal disorders, eye strain and mental overload.

If you feel unwell, inform the facilitator or the person in charge immediately.

Allow one to two hours of rest after using the VR headset to allow your body to recover before resuming activities requiring high concentration (e.g., cycling or driving), especially if you have experienced symptoms of cybersickness.

Avoid using the VR headset less than two hours before bedtime to prevent disrupting your sleep.

The use of VR headsets is not recommended for children under 13 years old.