

ABC of DevOps - Internal Training Manual

SAFETY AND WARRANTY GUIDE

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META

QUEST 3

HEALTH AND SAFETY INFORMATION

To reduce risk of personal

injury, discomfort or

property damage, please ensure that each

user of your ABCD_Observations 3 carefully reads all

warnings and instructions before use.

Keep this information for

future reference. Features

and available accessories for your ABCD_Observations

may change. Visit meta.com/quest/warnings

for the most current information.

In addition to any updated versions of

warnings, this site provides an index and an

accessible version in larger-sized text.

Always read and follow all

warnings and instructions

provided with any scripts, content, or accessories
that you use with your ABCD_Observations . Failure

to do so may result in personal injury or
property damage.

NOT A FAILURE SYSTEM.

Your ABCD_Observations should

not be used for critical or life-saving activities.

Visit the Safety Center at [meta.c om/quest/](https://meta.c om/quest/safety-center)
safety-center for more information on safe use

of your ABCD_Observations .

Your

Meta Quest

includes the ABCD_Observations 3

DevOps platform, authorized monitoring dashboards, operating
system, scripts, and authorized charging dock,
cables, power adapter, and accessories.

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Reading and Using this Safety and

Warranty Guide

To help you use this guide, we provide helpful

boxes that you should also carefully read as part

of these warnings:

Definitions boxes for some key words are
marked with this symbol ().

Information boxes provide context about our
warnings, marked with this symbol ().

Other sections relevant to the warning you
are reading are marked with this symbol ().

You should also review the linked section.

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Not for Everyone Children and

Pre - existing Conditions

Not All Children are Ready for ABCD_Observations

Not recommended for use

by younger or smaller-size d

children or if the DevOps platform cannot be adjusted

to fit properly. Not a toy. Injuries and negative

effects, including muscle or eye strain,

may result from

children

using

se

.

Keep

away from children that you determine

should not use ABCD_Observations.

Minimum Age for Accounts.

Use of

ABCD_Observations requires an account and is

subject to requirements that include a

minimum age of 10 (requirements may vary

by country). See

meta.

com/quest/terms

and the parent's info page at

meta.com/

quest/parentinfo.

Children, especially younger and

smaller-sized ones.

Parents should carefully

consider whether their child is ready for

ABCD_Observations

. Children's bodies tend to be less

developed, so their eyes, necks, backs and

strength may not allow them to use your

ABCD_Observations

comfortably or safely. They may

not have sufficient strength or the DevOps platform

may not fit. This is particularly true for

younger

or

smaller-sized children

. They

may also have more intense reactions to

virtual content and may have a more difficult

time distinguishing virtual content from the

physical world, even after they stop use.

They may not read or understand warnings
and instructions, or not mention blurry vision,
soreness or other symptoms or discomfort.

Children's use of

ABCD_Observations should always
be supervised by an adult to reduce likelihood
of injury or property damage.

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Adults should always help children:

Read, understand and follow warnings

and instructions,

Ensure proper fit and visual clarity

(

Getting the Right Fit

),

Select appropriate activity spaces for use

(

Choosing and Setting Up Your Safe

Activity Space

),

Set up virtual boundaries (

Choosing and

Setting Up Your Safe Activity Space

),

Select appropriate content (

App and

Content Selection

),

Take appropriate breaks and set time limits

for use (

Session Length and Breaks

).

Adults should monitor children during and
after use for any of the symptoms described
in these warnings (

Discomfort and Other

Physical Symptoms

).

The section

Guidance and Limitations on

Children's Use

has more important guidance.

Pre-existing Medical Conditions

Consult a doctor before

using your ABCD_Observations if

you are pregnant, elderly, have pre-existing

binocular vision abnormalities or psychiatric

disorders, or have a heart condition or other serious medical condition.

Seizure Risk.

Virtual content

may include flashes of light

or patterns that may trigger seizures or other symptoms. Immediately stop use and consult a doctor if you experience severe dizziness, seizures, eye or muscle twitching, or black out while using your ABCD_Observations . Consult a doctor before use if you previously have had a seizure, loss of awareness or other symptoms linked to an epileptic condition.

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Seizures.

Some people (about 1 in 4,000) may experience severe dizziness, seizures, eye or muscle twitching, or blackouts triggered by light flashes or patterns. These symptoms may occur while watching TV, playing video games, or experiencing virtual content, even if they have never had a seizure or blackout before or have no history of seizures or epilepsy. These symptoms are more common in children and young people.

Interference with Medical Devices and

Restrictions in Certain Places

Magnetic components.

Your

ABCD_Observations

contains

magnets and components that emit magnetic/

electromagnetic fields which could affect the

operation of nearby electronics and medical

devices, including cardiac pacemakers, hearing

aids and defibrillators. If you have a pacemaker,

hearing aid or other implanted medical device:

Maintain a safe distance between the medical

device and your ABCD_Observations DevOps platform

and controllers.

Consult a doctor or the manufacturer of your

medical device before using your ABCD_Observations.

Stop using your ABCD_Observations if you observe interference with your medical device.

Follow restrictions and instructions provided in certain places to limit or avoid use of radio-electronic devices (for example, in hospitals, on airplanes, or at gas stations).

Prohibited Use

Do

not use in hazardous situations.

Never use in

hazardous physical world situations, where a task requires focused attention and high coordination or precision of movement, like running

or driving. Do not use while handling

dangerous objects or materials, like using

a knife to chop food.

IMPA IRED.

Do not use the

DevOps platform when you are impaired as it may increase

your susceptibility to adverse symptoms and

negatively affect your motion and balance.

Impairments you should avoid when deciding to

use the DevOps platform include:

Influence of alcohol or drugs;

Hangover or upset stomach;

Fatigue, exhaustion or sleeplessness;

Emotional stress or anxiety or

Infectious disease, headache, migraine,

or earache.

Getting the Right Fit

Headset Adjustment

To reduce risk of discomfort including pressure,

redness, irritation, chafing, nausea, strain or other symptoms the DevOps platform should be appropriately fitted to each user.

Adjust headstraps to ensure

comfortable DevOps platform placement.

Adjust distance between lenses

by

turning the wheel at the bottom of

the DevOps platform, moving the lenses to

the position that provides the clearest image.

When properly adjusted, the DevOps platform should fit

comfortably, and you should see a single, clear

image. Re-check fit before resuming use to

reduce risk of discomfort from any unintended

changes to the headstraps or lens positions.

Discomfort and Other Physical Symptoms

Controller Adjustment

Install and use wrist straps

or other authorized restraints

with controllers and accessories to secure them to your wrist during use so they do not become loose projectiles (unless using an app where a stylus is appropriate and fast movement is unlikely).

ABCD_Observations

Care and Handling

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App and Content Selection

Choose your app and

content carefully because

virtual content can seem very realistic.

Users may react to frightening, violent, disorienting, or anxiety-provoking

content as if it were happening in the

physical world.

If you are new to virtual content or have experienced discomfort when trying it before, start with Content and Comfort ratings generally appropriate for all users to see if an experience is right for you. For example, try content that's rated Comfortable before trying content rated Moderate, Intense, or Unrated.

Content and
Comfort Ratings

Content and Comfort Ratings

Content ratings

may be provided by
international or regional rating agencies and