Virtual Reality Nature-Based User Interventions

Safety

Legal Disclaimer

The user assumes all responsibility for their actions while using the VR headset. The provider of user intervention environments, medical staff, researcher, manufacturer, distributor or any other party is not liable for any accidents, injuries, or damages resulting from the misuse or disregard of safety instructions.

Play Area

Please note that the play boundary for the VR headsets has been TURNED OFF. Additional safety precautions should be taken to ensure safe use of the VR headset.

Please be aware that you must remain stationary during the use of the VR headset. Unnecessary movement can lead to collisions with objects, walls, furniture, or other people in your surroundings. Such movements pose a risk of physical injury, property damage, or device damage. Always be aware of your surroundings and the limitations of your physical space.

Hygiene

Personal Hygiene

Always maintain personal hygiene while using the VR headset. We recommend washing your hands and face before and after using the VR headset.

Cleaning

Thoroughly clean and disinfect the VR headset on a regular basis. You can clean the headset with non-abrasive antibacterial wipes. Carefully wipe the face cushion, light blocker, and nose area – as well as the headset body, including the headband adjustment wheel and buttons.

DO NOT use soap, harsh chemicals, cleaning solvents, liquids, or aerosols for cleaning the headset as they can cause damage to the device.

Clean the headset lenses very carefully due to their close contact with your eyes. Wipe the lenses gently with a microfiber lens cloth. Never put water or any chemicals on the lenses, only use the microfiber lens cloth.

Vulnerable Groups

User Group Guidelines

Children: VR headsets may affect developing vision. Children under 13 are advised to only use the headset for limited periods of time under adult supervision.

People with medical conditions: Using the VR headsets may cause discomfort or exacerbate symptoms for people with epilepsy, seizures, motion sickness, vestibular disorders or other neurological conditions.

Pregnant women: Pregnant women should consult a healthcare provider before using the VR headsets.

People with disabilities: Visual impairments, mobility issues, or specific eye conditions may make using VR challenging. Individuals with strabismus (eye misalignment), amblyopia (lazy eye), or significant refractive errors, may experience difficulties in focusing or perceiving depth in VR environments.

Those with claustrophobia: The enclosed nature of VR experiences may exacerbate feelings of discomfort or anxiety.

Health

General Recommendations

Please DO NOT use the VR headset if you are sick or have been sick during the past few days!

If you start feeling dizzy or nauseous during use, remove the VR headset immediately and take a break from using it. Sit or lie down in a comfortable position until the symptoms subside.

The VR headset can be used by most people, but certain individuals may face challenges using it comfortably or safely. If you are unsure about whether you can use the VR headset consult a healthcare provider.

By adhering to these guidelines and recommendations, as well as exercising caution, you can enjoy a safe, healthy and immersive VR experience. Remember, your safety and health are of paramount importance, so always prioritize caution and awareness when using VR technology.

VR Headset User Guide

VR Hardware

Putting on the VR Headset

1. If you want to use eyeglasses with the VR headset attach the glasses spacer.
2. Release the top strap.
3. Turn the strap dial to adjust the size of the headset straps (see Figure 1).
4. Put the headset on (see Figure 2).
5. Ensure the headset fits snugly on your head.
6. Tighten the strap dial (see Figure 1).
7. Fasten the top strap.
8. Make sure the headset stays comfortably on your head.
9. Make sure the view is sharp.
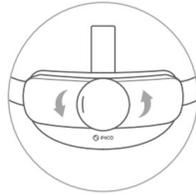10. Readjust the headset, if needed.

Starting the VR Headset
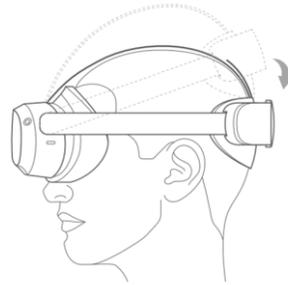
The headset can be turned on by pressing the power button (see Figure 3 numbered item 1).

Power on: Press for 2 or more seconds.
Power off: Press for 5 or more seconds.

Charging the VR Headset

The VR headset has a battery life of 3 hours. The VR headset should be charged periodically.

The status indicator shows the battery level and status of the VR headset (see Figure 3 numbered item 2).
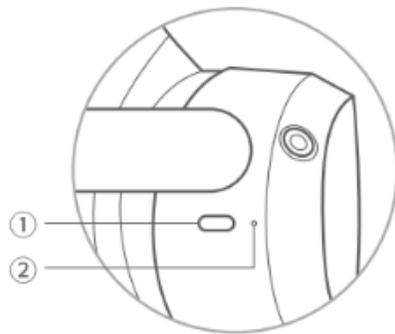
Figure 1.
Strap Dial

Figure 2.
Adjusting the Headset

Figure 3.
Power Button and Status Indicator

VR Software

NATUREACH-application User Guide

The NATUREACH-application operates based on eye tracking and head tracking. You select things by looking at them. The first view, which is presented upon putting on the VR headset, is the video menu with all the videos displayed (see Figure 4).

The menu operates on a 3 second delay. Once a video thumbnail has been looked at for 3 seconds the selection timer starts. The selection timer is 5 seconds, meaning that the total amount of time required to select a video is 8 (3+5) seconds of looking at a thumbnail.

Once a video has been selected the application opens the video view displaying the video's environment. The video starts playing automatically, playing both video and audio. The audio can be adjusted by pressing the volume buttons on the VR headset.

You can exit the video and return to the video menu by looking down at the exit button located 90 degrees down below the horizon (see Figure 6).

Figure 4.
Video Menu

Figure 5.
Exit-button

VR User Guide

Assisting a Person with the VR Headset

### Screencasting the VR headset to another device

Casting the VR headsets screen requires you to connect the VR headset and the device you want to cast the screen to the same network. The screen casting should work with any device that can connect to a network and has a browser. Once you have connected them to the same network you can start screen casting by following these steps:

1. Open the library on the VR headset.
2. Open the screencast application.
3. Select the option to Cast to Browser.
4. Open a web browser on the device you want to cast to.
5. Go to the address you see in the screencast application on the other device.
6. Press the option to Start Screencast on the website.
7. You should see a pop-up on the VR headset. Press Allow on the pop-up.
8. You should now see the VR headsets screen on the other device.

Navigating the NATUREACH-application with the controllers

The NATUREACH-application can also be operated via the controllers. When the person using the VR headset is looking at a particular video in the video menu, the assisting person can press the A button on the right-hand controller to start the video the person is looking at.

Once a video is playing, the assisting person can press the B button on the right-hand controller to go back to the video menu.
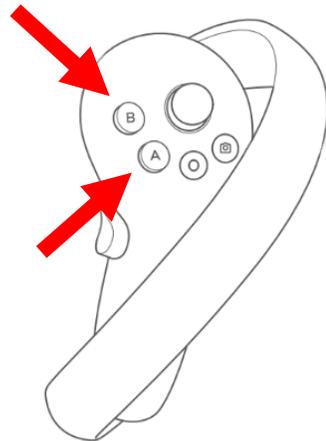
Contact Information

If you encounter any issues or have any questions you can contact the following persons:

Martin Gärdemalm: Any questions regarding the videos or the video files. I'm also happy to hear any feedback on the videos you might have along the way.
Email: martin.gardemalm@slu.se
Phone number: +4673-0589172

Joni Piispanen: Any questions or feedback regarding the software (video player) and any general technical questions regarding VR headset hardware (buttons, controllers, battery etc.). Also, any questions regarding connections between VR headsets and computers.
Email: joni.piispanen@uwasa.fi
Phone number: +358 29 449 8546

Johan Jirlén: General technical questions.
Email: johan.jirlen@ltu.se