



Health and Safety Advice v1.0  
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## **HEALTH AND SAFETY GUIDANCE – USING THE PUPIL PLAYER ON A VR DEVICE**

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Please read the following warnings and information before using Our Platform and follow all product safety and operating instructions which accompany Your Device. Failure to do so may cause bodily injury, electric shock, fire, and other damage.

### **Ensure You Are Able to Safely Use a VR Device**

Consult Your doctor before using Our software or any VR Device if You have pre-existing serious medical conditions (such as a heart ailment), conditions that affect Your ability to safely perform physical activities, psychiatric conditions (such as anxiety disorders or post-traumatic stress disorder), or if You are pregnant or elderly.

Do not use any VR Device or Our software if You are sick, fatigued, under the influence of intoxicants/drugs, or are not feeling generally well, as it may exacerbate Your condition.

### **Ensure the Area Around You is Safe for Use of the Product**

While wearing a VR headset You are blind to the world around You. Always use the VR Device when seated in a clear and safe area.

### **Photosensitive Seizures**

Like other software that produces visual effects (including light flashes), the Software may trigger epileptic seizures, seizures, fainting, or severe dizziness even in people who have no history of these conditions.

If You have a previous history of epilepsy or seizures, loss of awareness, or other symptoms linked to an epileptic condition, consult Your doctor before using a VR Device. To reduce the likelihood of a seizure do not use Our software if You are tired or need sleep.

### **Physical and Psychological Effects**

Content viewed using Our software can be immersive, and will appear life-like and may cause Your brain and body to react unusually. If You have a history of negative physical or psychological reactions to certain real life circumstances including e.g. claustrophobia avoid using Our software.

Similarly, it is important to remember that objects, such as furniture, that may be encountered while using the product do not exist in the real world, and injuries may

result when interacting with those simulated objects as if they were real, for example, by attempting to sit down on a chair.

### **Radio Frequency Interference**

VR Devices can emit radio waves that can interfere with the operation of nearby electronic devices. If You have a cardiac pacemaker or other implanted medical device, do not use the Device until You have consulted with Your doctor or the manufacturer of Your medical device.

### **Avoid Overuse**

Prolonged, uninterrupted use of the product should be avoided. It may negatively impact hand-eye coordination, balance, and/or cause other negative effects. While using the product frequently and for prolonged periods of time, You may experience tiredness. Take regular breaks from using the product.

### **Stop Using If You Experience Any Discomfort**

Stop using Our software and consult Your doctor if You experience any of the following symptoms:

- Seizures, loss of awareness, convulsions, involuntary movements, dizziness, disorientation, nausea,
- Light-headedness, drowsiness, or fatigue;
- Eye pain or discomfort, eyestrain, eye twitching, or vision abnormalities (such as altered, blurred, or double-vision);
- Impaired sense of balance, impaired hand-eye coordination, or other symptoms similar to motion sickness.

Until fully recovered from these symptoms, do not drive, operate machinery, or take part in activities that may have potentially serious consequences.

### **Use by Children**

Our software was not designed to be used by children. Do not leave any Device running Our software within the reach of young children or allow them to use or play with it.