

# Health and Safety Consent Form

**Seizures:** Some people (about 1 in 4000) may have severe dizziness, seizures, epileptic seizures or blackouts triggered by light flashes or patterns, and this may occur while they are watching TV, playing video games or experiencing virtual reality, even if they have never had a seizure or blackout before or have no history of seizures or epilepsy. Such seizures are more common in children and young people under the age of 20. Anyone who has had a seizure, loss of awareness, or other symptom linked to an epileptic condition should see a doctor before using the headset.

**Be aware how you feel:** Immediately discontinue use if you experience any of the following symptoms: seizures; loss of awareness; eye strain; eye or muscle twitching; involuntary movements; altered, blurred, or double vision or other visual abnormalities; dizziness; disorientation; impaired balance; impaired hand-eye coordination; excessive sweating; increased salivation; nausea; lightheadedness; discomfort or pain in the head or eyes; drowsiness; fatigue; or any symptoms similar to motion sickness.

**Use Only In A Safe Environment:** The headset produces an immersive virtual reality experience that distracts you from and completely blocks your view of your actual surroundings. Always be aware of your surroundings when using the headset. Take special care to ensure that you are not near other people, objects, stairs, balconies, windows, furniture, or other items that you can bump into or knock down when using—or immediately after using—the headset. Do not handle sharp or otherwise dangerous objects while using the headset. Never wear the headset in situations that require attention, such as walking, bicycling, or driving.

**Settle In:** Make sure the headset is level and secured comfortably on your head, and that you see a single, clear image. Ease into the use of the headset to allow your body to adjust. Looking around when first entering virtual reality can help you adjust to any small differences between your real-world movements and the resulting virtual reality experience. A comfortable virtual reality experience requires an unimpaired sense of motion and balance. Do not use the headset when you are tired, need sleep, are under the influence of alcohol or drugs, are hung-over, have digestive problems, are under emotional stress or anxiety, or when suffering from cold, flu, headaches, migraines, or earaches, as this can increase your susceptibility to adverse symptoms.

**Volume:** Listening to sound at high volumes can cause irreparable damage to your hearing. Background noise, as well as continued exposure to high volume levels, can make sounds seem quieter than they actually are. Due to the immersive nature of the virtual reality experience, do not use the headset with the sound at a high volume so that you can maintain awareness of your surroundings and reduce the risk of hearing damage. You can have volume adjusted by the researcher at any point in the study.

I \_\_\_\_\_ have read and understood the above safety warning, and will comply with the advice during the testing. By signing this Consent Form I confirm that I am aware of, understand and consent to the likely physical demands and risks of the study.

Signed:

Date: