

Health and Safety Guide

This health and safety guide contains important safety and handling information for your Avegant Founders Edition. Please read all safety information below before using your Avegant. Read and follow all setup and operating instructions to become familiar with the features of the product. For more information and additional support, please visit the main www.avegant.com support page.

Failure to follow safety instructions preceded by the word “Warning” could result in serious physical injury.

Failure to follow safety instructions preceded by “Caution” or “Notice” could result in minor to moderate injury or damage to equipment or other property.

General Health and Safety Information

- Extended use of your Avegant Founders Edition may result in losing track of your immediate surroundings or becoming used to the non-standard physical “rules” of a virtual environment, causing discomfort, disorientation or loss of balance when you take it off. To avoid risk of injury from falling or tripping:
 - Be sure to begin your enjoyment of the Avegant in small stages, building up to longer continued use.
 - Use only while sitting or while standing in a clear area free of obstacles
 - Do not use while intoxicated
 - The Avegant Founders Edition is NOT a toy and should not be used by children 13 years of age or younger. Young children are at an increased health and safety risk. Adults should monitor children (age 14 and older) who are using or have used the Avegant for any of the symptoms described below and should limit the time children spend using the Avegant and ensure that they take breaks during use.
- Warning. Some people (about 1 in 4,000) may have severe dizziness, seizures, epileptic seizures or blackouts triggered by light flashes or patterns. This may occur while they are watching TV, playing video games or experiencing a personal display technology, 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 consult with a doctor before using the Avegant Founder’s Edition.
- Prop 65 Warning. This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. (California law requires this warning to be given to customers in the State of California.)

Specific Warnings and Precautions

“Video mode” shall herein refer to the Avegant Founder’s Edition as operating with the headband over the user’s eyes. “Audio mode” shall herein refer to the Avegant Founder’s Edition as operating with the headband over the crown of the user’s head with no obstruction to the user’s vision.

- Warning. Use only in a safe environment. In Video mode, the Avegant Founder’s Edition produces a personal display experience that distracts you from and blocks your view of your actual surroundings. For the safest experience, always remain seated when using the Avegant Founder’s Edition in Video mode. 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 Avegant Founder’s Edition in Video mode. Do not handle sharp or otherwise dangerous objects while using the Avegant Founder’s Edition in Video mode. Never wear the Avegant Founder’s edition in Audio mode or Video mode in situations that require attention, such as walking, bicycling or operating a motor vehicle or heavy machinery.
- Warning. 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 image created by the Avegant Founder’s Edition, do not use the device with the sound at high volume so that you can maintain awareness of your surroundings and reduce the risk of hearing damage.

- Warning. Stop using the Avegant Founder's Edition if it seems to be hot. Prolonged contact with an overheated device can cause burns
- Warning. The Avegant Founder's Edition can emit radio waves that can affect the operation of nearby electronics, including cardiac pacemakers. If you have a pacemaker or other implanted medical device, do not use the Avegant Founder's Edition without first consulting your doctor or the manufacturer of your medical device.
- Make sure the Avegant Founder's Edition is level and secured comfortably on your head and that you see a single, clear image.
- Ensure that the optics are properly and squarely aligned in front of the user's eyes before use and that the image is in focus. Refer to the quick start guide for proper fitting.
- Caution. Ensure that the cables utilized while operating the Avegant Founder's Edition are carefully routed to and from the source content such that they do not become tangled and cause injury to the user or damage to the device.
- Caution. Do not use the Avegant Founder's Edition 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.
- Caution. If you are using the Avegant Founder's Edition as a passenger in a motor vehicle and feel dizziness or nausea, discontinue use.
- Caution. Take at least a 10 to 15 minute break every 30 minutes, even if you don't think you need it. Each person is different, so take more frequent and longer breaks if you feel discomfort. You should decide what works best.
- Ease into the use of the Avegant Founder's Edition to allow your body to adjust; use for only a few minutes at a time at first and only increase the amount of time using the Avegant Founder's Edition gradually as you grow accustomed to a personal display. Looking around the image when first entering a personal display environment can help you adjust to any small differences between your real world movements and the resulting virtual experience.
- The Avegant Founder's Edition can be affected by magnetic interference created by items, such as computers, TVs or electric cables. Avoid using the Avegant Founder's Edition in areas affected by magnetic interference.

Extended Use Precautions

- Warning. Immediately discontinue use if anyone using the Avegant Founder's Edition experiences 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.
- Just as with the symptoms people can experience after they disembark a cruise ship, symptoms of immersive, personal media exposure can persist and become more apparent hours after use. These post-use symptoms can include the symptoms above as well as excessive drowsiness and decreased ability to multi-task. These symptoms may put you at an increased risk of injury when engaging in normal activities in the real world.
- Do not drive, operate machinery or engage in other visually or physically demanding activities that have potentially serious consequences (i.e., activities in which experiencing any symptoms could lead to death, personal injury or damage to property), or other activities that require unimpaired balance and hand-eye coordination (such as playing sports or riding a bicycle, etc.) until you have fully recovered from any symptoms.
- Do not use the Avegant Founder's Edition until all symptoms have completely subsided for several hours. Make sure you have a properly configured Avegant Founder's Edition before resuming use.
- Be mindful of the type of content that you were using prior to the onset of any symptoms because you may be more prone to symptoms based on the content being used.
- Consult with a doctor if you have serious and/or persistent symptoms.