When you put on an Oculus Rift headset, you enter virtual reality. Please stay seated in a rotating desk chair. Some people can experience motion sickness and/or headache from their VR experience. If you don’t feel well, remove the headset until you feel better.

1. Open the Oculus app by double-clicking the icon on the desktop.

2. Pick up the Oculus Touch controllers so that they fit properly and comfortably in your hands. Familiarize yourself with the controls. When you are ready, place them on the table in front of you so they will be easy to pick up after you put the headset on or let them hang from your wrists by the wrist straps.

3. Slip the back strap of the headset around the back of your head and slide the front over your eyes. If you wear glasses, you can wear the headset over them. Hold the front of the headset with one hand and adjust the straps with your other hand until the headset fits snugly but comfortably. You should feel the weight of the headset more on the top and back of your head than you do on your face.

4. Adjust the lens slider on the underside of the headset until the text looks as crisp as possible. You may also need to move the headset up or down to find the best placement.

5. Check that the controller wrist straps are secure around your wrists.

6. Pull the headphones on the headset down over your ears.

7. Read the health and safety warning, then press any button to proceed.
8. You should see a menu screen and blue beams coming from the controllers. Move either controller to point a beam at the **library icon**. Press **A** on the right controller or **X** on the left controller to select **Library** and see all of the apps we have downloaded for you to use on the Rift.

9. Use either **thumbstick** to scroll through the library of apps. Point the blue beam at the app you want to use and press **A** or **X** to select it.

10. Start your session with **First Contact** to become oriented to the experience and using the Touch controllers, especially if you have not experienced virtual reality before. Click “Library” on the left side of the Oculus app. Scroll down to the “Tutorials” section to select **First Contact**.

11. You can press the **Oculus** button at any time to return to the menu, where you can **quit an app** or **reset your view**. If you hover over the icon on the bottom far right, you can see the time, date, and adjust the volume of the **sound**.

12. Press the **Oculus** button again to return to the app you were using.

13. When you are finished, remove the headset, place it on the desk with the controllers and restart the PC. Please let staff at the reference desk know you have finished with the VR equipment when you return your access card.