

## How to use the Oculus Quest 2

### SETUP

- Press and hold the power button on the right side of the headset until a light appears
- Power on the WiFi router (or check that the headset is connected to a local network)
- Put the headset on and adjust straps so the headset sits comfortably on your head
- Adjust eye gap width if necessary to make image clear, by gently pushing the lenses closer together or further apart

### NAVIGATE

- Point the controller straight in front of you and press and hold the home button for 3 seconds (this will centre the view and controller; repeat if needed to adjust orientation during training)
- From the Universal menu at the bottom of your view select App Library (indicated by a 9-dot grid icon) – press home button once if the menu is not visible
- Select the TACTICS VR - Telehealth application icon use the trigger button to launch the module

### START

- Interact with the menus by pointing your controller and selecting options by clicking the trigger button
- To initiate training select START
- Follow on-screen prompts to progress through the training workflow
- Pause the scenario at anytime, using the B button (press B button again to restart)

### FINISH

- You will be given feedback on your performance at the end of the module
- For additional information go to [www.tacticsvr.com.au](http://www.tacticsvr.com.au)
- **Upon completion of training, power off the headset by holding down the power button and selecting Power Off in the headset**

## Oculus Quest 2

### Adjustment Straps (top / back)

Adjust straps until fit is firm but comfortable

### Headset



### Power Button

Turn on headset by holding down until light appears

### Volume Buttons (+/-)

Adjust as necessary to local noise conditions

### B Button

Press to pause / restart scenario

### A Button

Toggle tablet to view patient details

### Home Button

Press and hold for 3-seconds to re-centre view and controller (single click to toggle Oculus menus)

### Trigger Button

Press to select menu / answer options

### Controller (Only right hand required)

