Training Support, Safety, and Accessibility



Training Support

New users of VR technology may need additional support and training. Training programs should consider providing guidance, troubleshooting assistance, and training resources for learners, such as instructional support, online tutorials, or dedicated IT support personnel with expertise in VR technology.



For help with your VR-related issues, contact VR@cdc.gov.

VR User Safety Tips

VR can be an intense sensory experience, so it's essential to prioritize safety:



Take regular breaks to rest your eyes prevent fatigue or discomfort.



Avoid excessive motion if you're prone to motion sickness.



Create a dedicated, obstacle-free play area to prevent accidents and be mindful of your surroundings while immersed in VR.



Follow the manufacturer's guidelines for safe usage and adjust the headset straps for a snug but comfortable fit.

VR Accessibility



Most VR systems require a headset and controllers to function, which can present accessibility challenges for users.

Traditional
keyboard
navigation can
be implemented,
but these
experiences may
change the designed
learning outcomes
due to the inherent
lack of functionality.

For VR users with glasses:

check that the width and height of your frames fit within the manufacturer's inner headset dimensions. Most headsets come with a spacer users can add to accommodate glasses.





Most VR headset manufacturers and available content provide multiple interaction options including:











If you have any accessibility or VR-related questions, please contact us at VR@cdc.gov.