

Initial Setup Guide

FOR VR HEADSETS (META QUEST 3)

Version 1.0



Turning On Headset



Turn headset on/off

Turn the headset on or off by press and hold the **power button on the left side** of the headset.



Controllers

Any button will wake up the controller after you turn on your headset.

⚠ Charging the Headset



Charge using compact charging dock

Connect charging line with charging port.



Controllers run on batteries

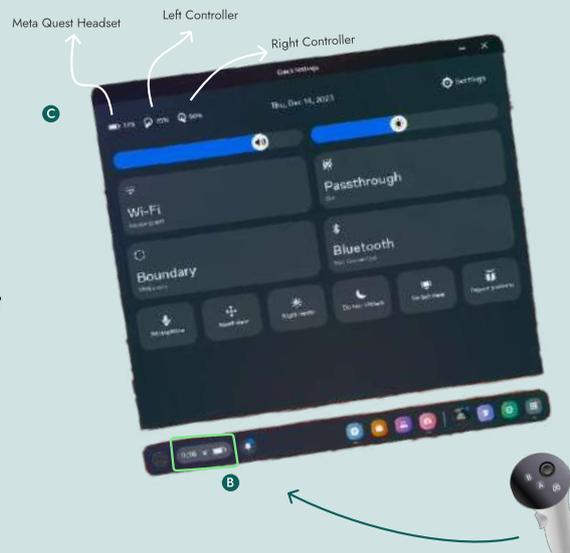
Use AA batteries to run your controllers

Checking Battery



Check the light on the headset

A little **yellow or red light** will be lit on the top-right side of the headset when it is low in battery.



Check from quick settings

A) Press the **quest button** on the **right controller** to open up the universal menu.

B) Open **quick settings** by pressing the **trigger down**.

C) The **amount of battery** left in the headset as well as controllers are shown on the **top left**.

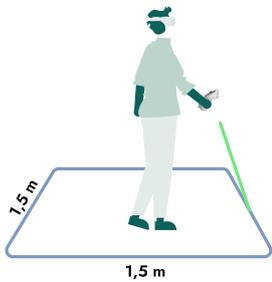
Setting Boundary

The first thing when turning on the headset is to set the work area and floor level. This must be done correctly because it determines your 'safe area' inside the simulation.



Touch the floor

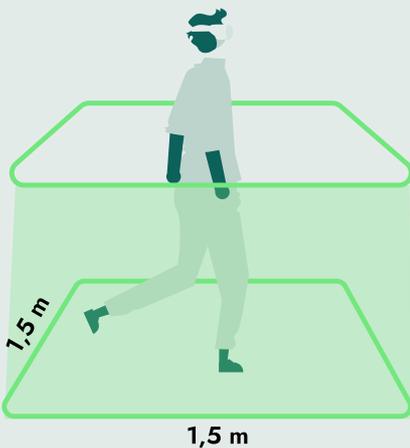
Simply touch the floor with one of your controllers, and you are set.



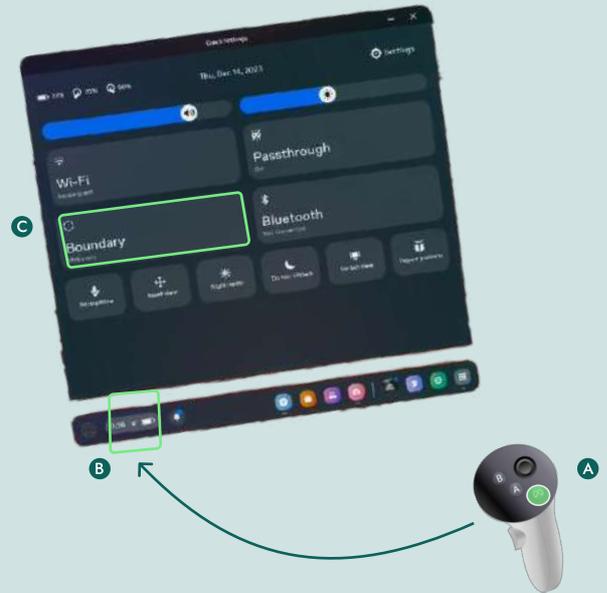
A good size for your work area is a 1,5x1,5 meters square.

This allows for some movement but prevents people from moving around and potentially hurt themselves. Make sure to include a buffer between the work area and surrounding walls.

Stay Within The Boundary



Re-doing Boundary



- A) Press the **quest button** on the **right controller** to open up the universal menu.
- B) Open **quick settings** by pressing the **trigger** down.
- C) Press on **guardian** and follow-through with the prompts to re-create the boundary.

i Pass-through Shortcut



Pass-through comes up automatically when you're creating or adjusting your Guardian.

You can also turn on the **Double-tap for Pass-through** through **settings within quick settings**. This lets you turn Pass-through on or off by **tapping either side of your headset twice**.

During the training

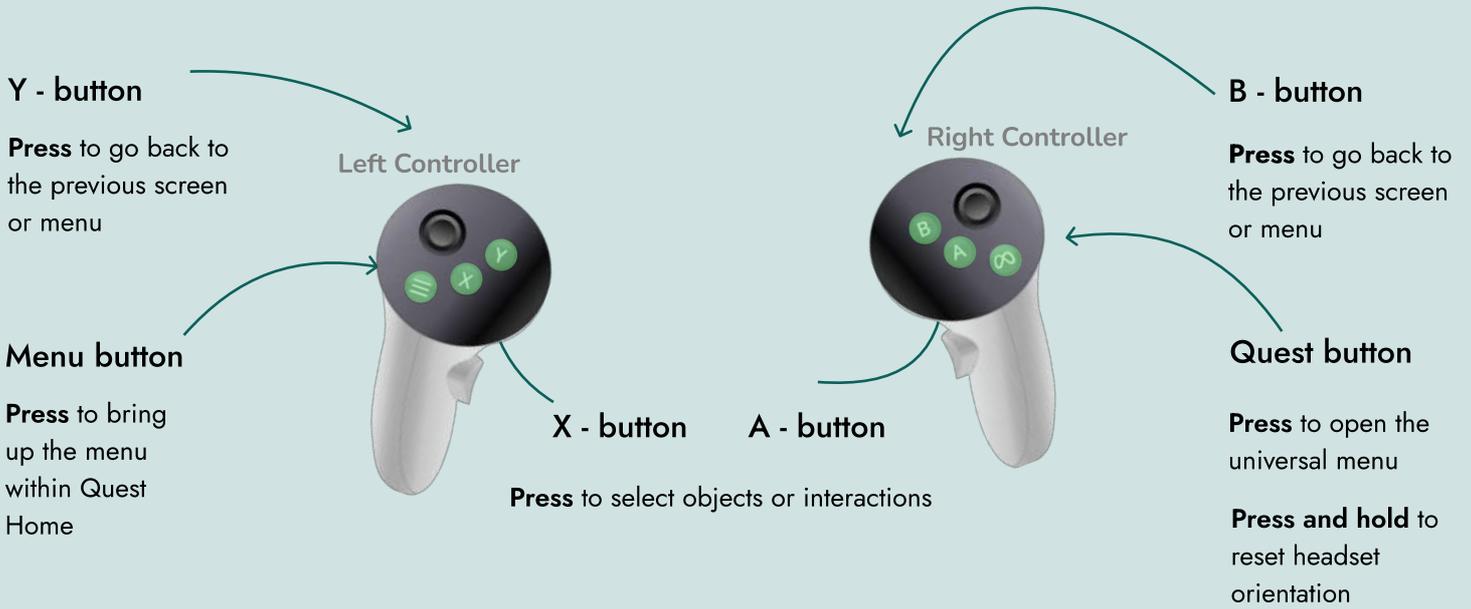
Particularly users new to virtual reality will often need to be supervised and guided during the first training session.

People will move

Be aware the users do not move too far outside of their work area or interfere with other users. Instruct trainees not to walk too much, turning and spinning inside the work area.

Buttons

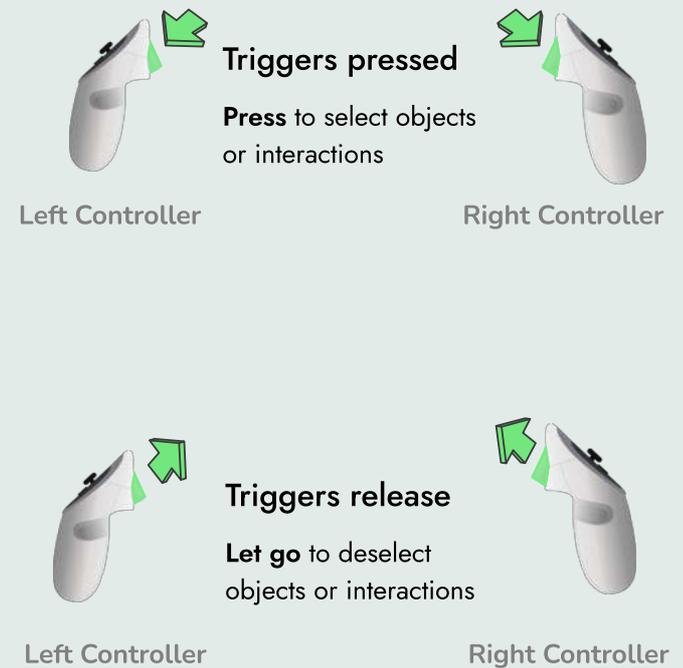
Basic functions of the Meta Quest 3 Controllers



Joy-stick



Triggers



Comfort



Adjusting the rear fit

Rotate the rear fit wheel so that the headset rests firmly yet comfortably on your head and face. Your eyes should be centred with the display within the headset.



Adjusting the lens spacing

Use the lens adjustment wheel on the bottom left-hand side of the headset to change how close together the lenses are. Do this until the visuals in the headset are clear and visually comfortable to see.



Adjusting the depth distance

Locate the eye-relief buttons next to the lenses inside the facial interface.

Hold down the button on one side while holding the edge of the interface and slide the interface forwards or backwards to adjust the distance.

Repeat for the other side to ensure that the depth adjustment setting is the same on both sides.

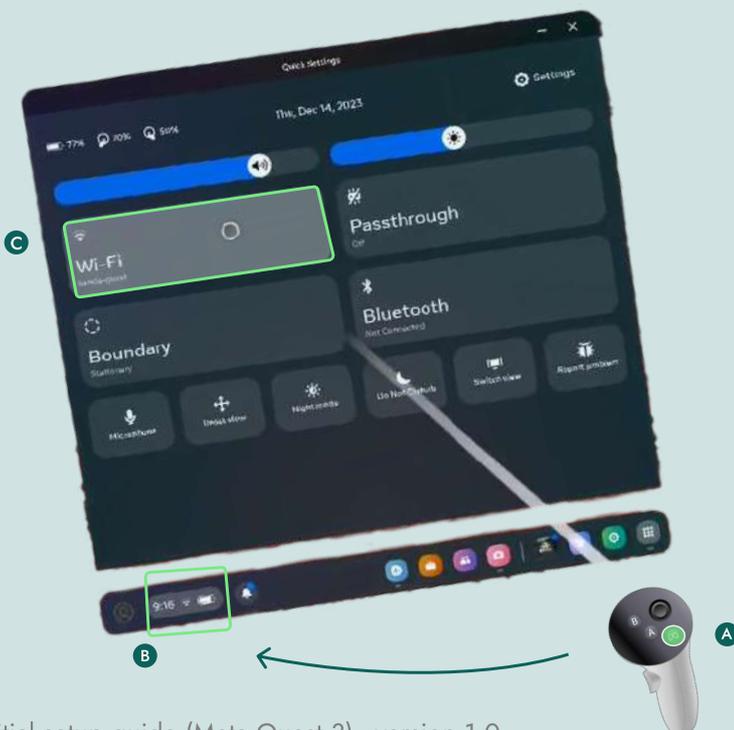
i Adjusting the Volume



You can turn the volume up and down with this button, located on the bottom right-hand side of the headset.

This will affect both other people's microphone volume and the environment volume.

Setting Up Wi-Fi



Connect to wi-fi

A) Open the universal menu by pressing the **quest button** on the **right controller**

B) Select the Wi-Fi icon to open the **quick settings**

C) Press on **Wi-Fi** to connect to the desired Wi-Fi settings.

The Wi-Fi is connected when the name of the Wi-Fi is displayed.



For more information, take a look at our FAQ at <https://www.kanda.dk/knowledge/faq>.

Feel free to reach out and contact our customer success specialists.



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