

Table 4.5: Strategies for Managing VR-Related Cyber Sickness

Factors that may heighten risk of VR-induced cyber sickness	Recommended Strategies
<p>"Presence" in a virtual space - the more immersive the content, the greater chance to experience VR-induced cyber sickness</p>	<ul style="list-style-type: none"> • Limit VR exposure time e.g., 30 minutes • Build in breaks to limit VR exposure time if needed. • Build in breaks between different components and ask users: <ul style="list-style-type: none"> • are you ok? • Learner answers 'yes', move on. • Learner answers 'no', remove headset and take a break. • Learners can rest for one to two hours after using AR/VR devices and before resuming an activity that requires a high level of consciousness. • Stop using AR/VR devices immediately if symptoms such as nausea, dizziness, sweating and pallor appear. • Avoid all exposure to screens two hours before bedtime, especially for those who may be more sensitive to blue light
<p>Empty stomach</p>	<ul style="list-style-type: none"> • Learners should not participate if they have not eaten recently.
<p>Pre-existing medical conditions e.g. Epilepsy or anyone identified as vulnerable: pregnant, people suffering from motion sickness or balance problems such as vertigo, Meniere's, or susceptible to migraines, etc.</p>	<ul style="list-style-type: none"> • Please proceed with caution and let the facilitator know if you are experiencing any symptoms throughout the VR experience.
<p>Symptoms of a cold or flue are present.</p>	<ul style="list-style-type: none"> • Learners should not participate.
<p>Learner has open cuts or sores on the face or hands (non-intact skin)</p>	<ul style="list-style-type: none"> • Learners should not participate.
<p>Walking around in VR environment.</p>	<ul style="list-style-type: none"> • Learner should be seated.
<p>Little to no experience in VR</p>	<ul style="list-style-type: none"> • Educators should continuously assess/monitor user during session for signs of physical and mental distress due to cyber sickness. • Signs of mental and physical distress: sweating, changes in breathing pattern, restlessness. • If learners experience cyber sickness during the session, they can either remove the headset themselves or signal to an educator to help remove the headset.

	<ul style="list-style-type: none">• Educators can ask comment: "If you feel nauseous and need to stop, please remove the headset by lifting it off OR let me know if you need to stop the simulation."• Provide bottled water• Offer space to lay down.• Rest for 5-10 minutes.• Can masks/PPE be removed temporarily under this circumstance? Be proactive and check with your Health & Safety team and follow your organization's recommendations.
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