Initial Setup Guide

FOR VR HEADSETS (META QUEST 2)

Version 3.0

KANDA
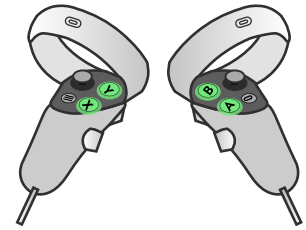VIRTUAL TRAINING PLATFORM

Turning On Headset

Turn headset on/off

Turn the headset off and on using the **power button**.

Check if the headset is on

A little **green light** will be lit next to the power button when the headset is turned on.

Controllers

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

⚠️ Charging the Headset
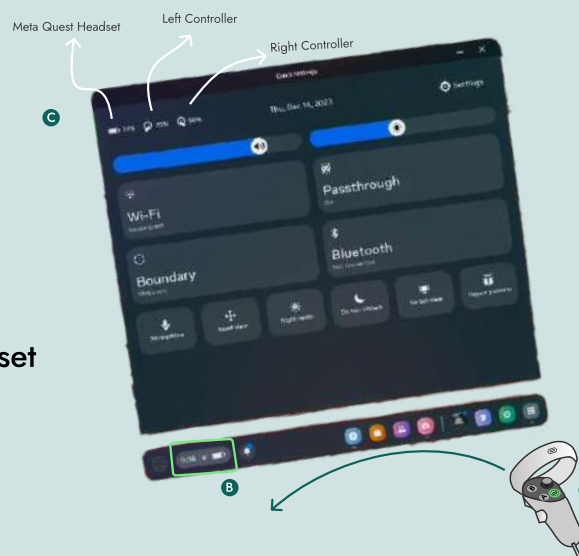
Connect Charging Line With Charging Port

The charing port is on the opposite side to the power button.

Checking Battery

Check the light on the headset

A little **yellow or red light** will be lit next to the power button when it is low in battery.

Meta Quest Headset

Left Controller

Right Controller

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.

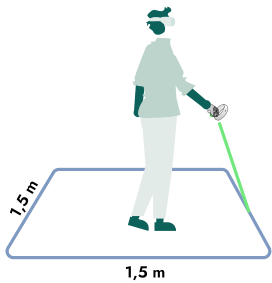**C)** The **amount of battery** left in the headset as well as controllers are shown on the **top left**.

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.
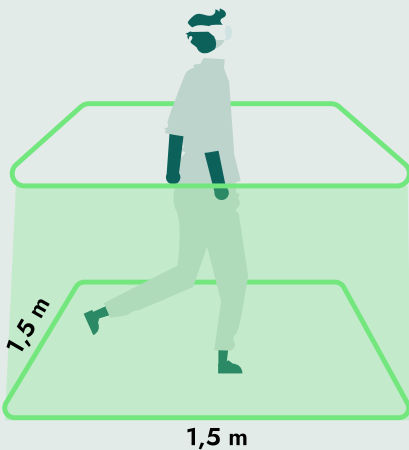

Touch the floor

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.

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.

ℹ️ 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**.

Stay Within The Boundary

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 2 Controllers

Left Controller

Right Controller

Y - button

Press to go back to the previous screen or menu

B - button

Press to go back to the previous screen or menu

Menu button

Press to bring up the menu within Quest Home

X - button

Press to select objects or interactions

A - button

Quest button

Press to open the universal menu

Press and hold to reset headset orientation

Joy-stick

Joy-stick

Use to **navigate** your virtual environment

Left Controller

Right Controller

Triggers

Triggers pressed

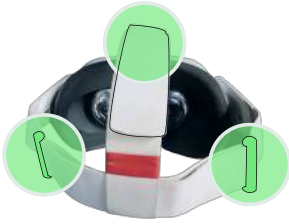**Press** to select objects or interactions

Left Controller

Right Controller

Triggers release

Let go to deselect objects or interactions

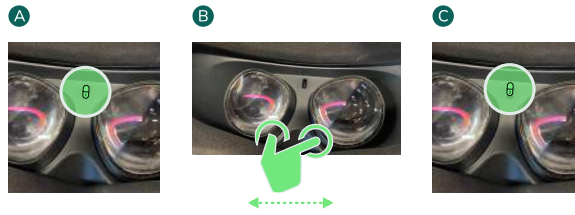Left Controller

Right Controller

Comfort

Adjusting the straps

Make sure you adjust the straps so that the headset rests firmly yet comfortably on your head and face.

The headset shouldn't drag behind you when shaking your head from side to side.

Adjusting the lens spacing

The lens spacing has 3 settings that can be adjusted by pressing the lenses together or apart. Use the setting where the visuals are most clear to you.
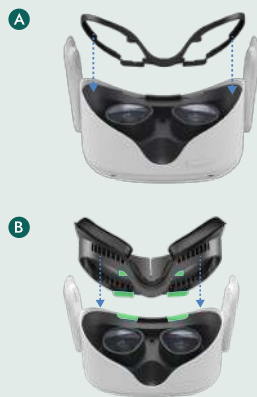
Adjusting the volume

You can turn the volume up and down with this button, located on the right underside of the headset.

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

ⓘ Glasses Users

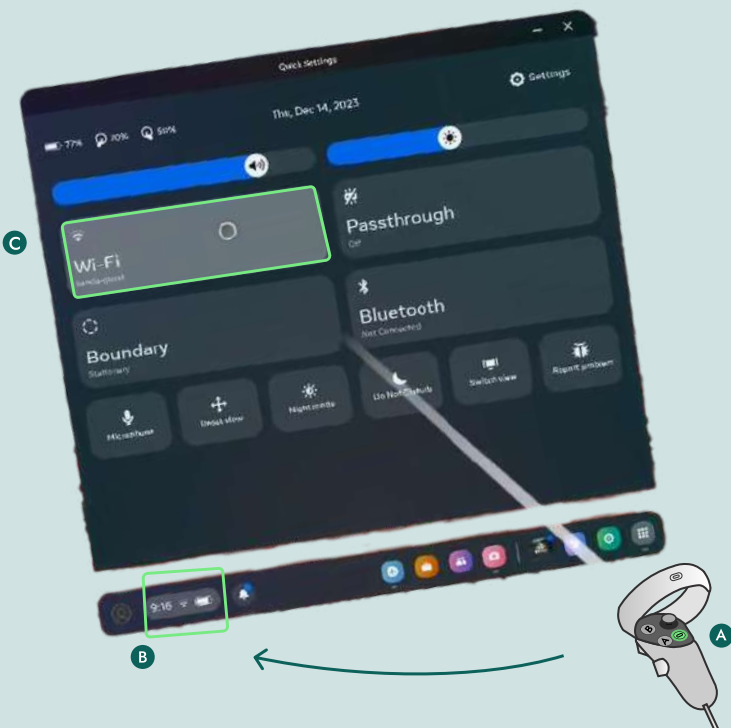### Glasses spacer

Insert the glasses spacer into the headset.

When you're ready to put the headset on, put it on from front to back.

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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