Initial Setup Guide

FOR VR HEADSETS (META QUEST PRO)

Version 2.0

KANDA

VIRTUAL TRAINING PLATFORM

Turning On Headset

Turn headset on/off

Flip the headset upside down to expose the **underside of the headset**.

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

Check if the headset is on

A little **green light** will be lit on the top-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.
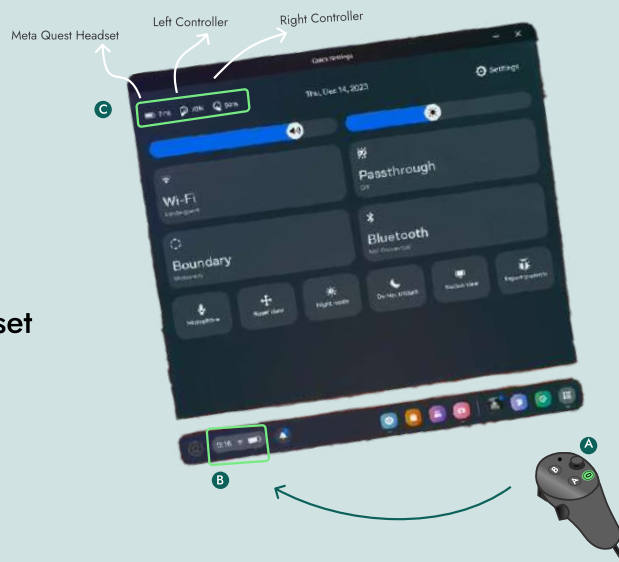

Charge using charging dock

Set up the charging dock and place headset onto designated slots.

Checking Battery

Check the light on the headset

A little **yellow or red light** will be lit on the top-left side of the headset 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**.
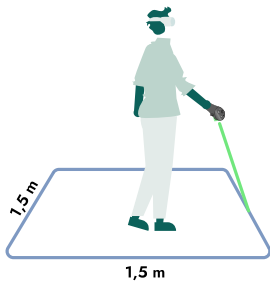
Setting Boundary

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.
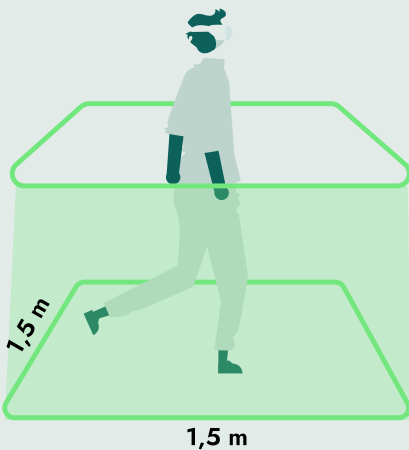
Touch the floor

Simply touch the floor with one of your controllers, and you are set.
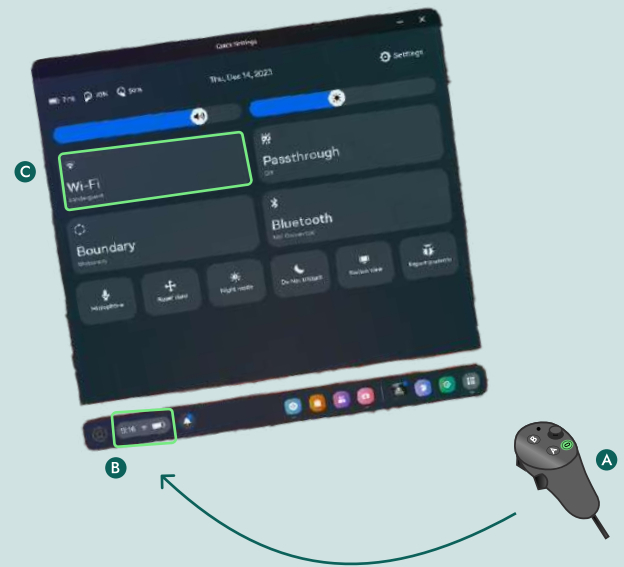
A good size for your work area is a 1,5x1,5 meters square.

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.
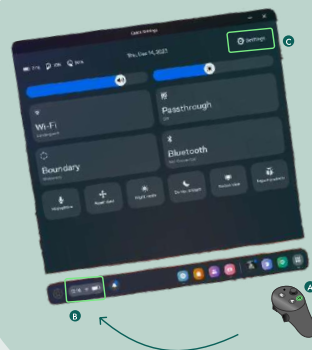
1,5 m

1,5 m

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.

ⓘ 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

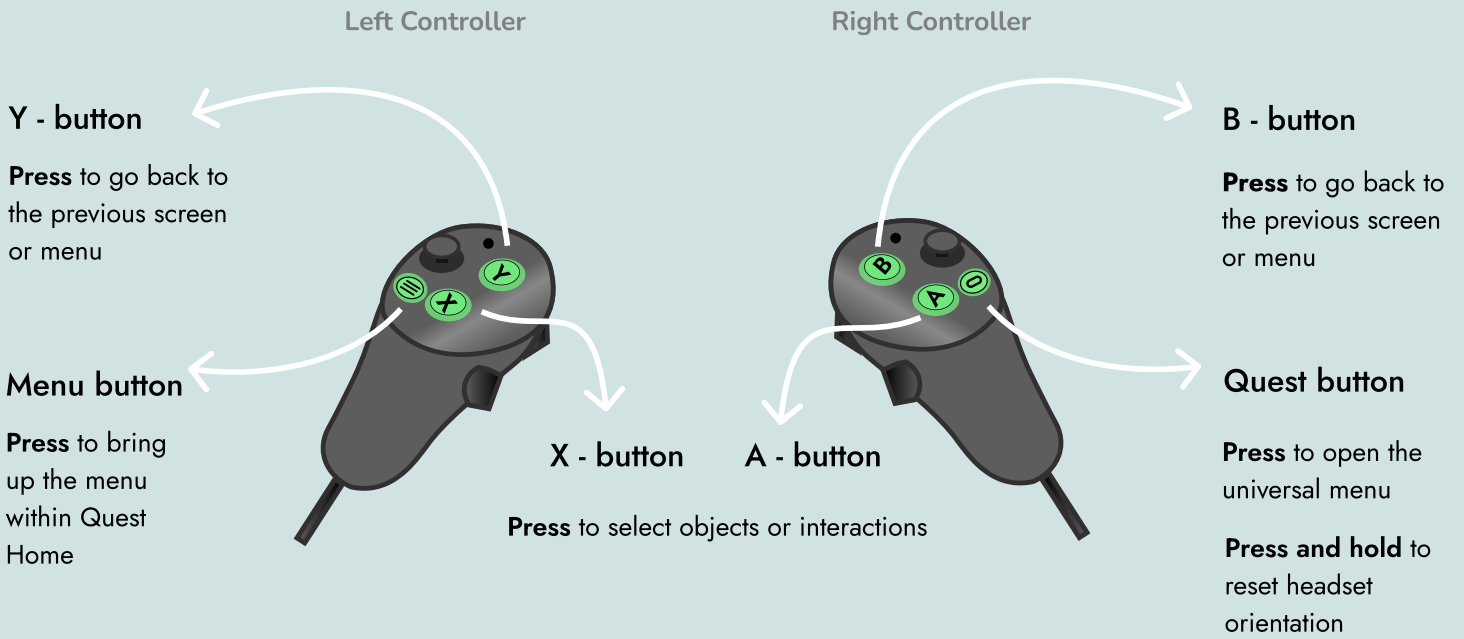**1,5 m**

1,5 m

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.
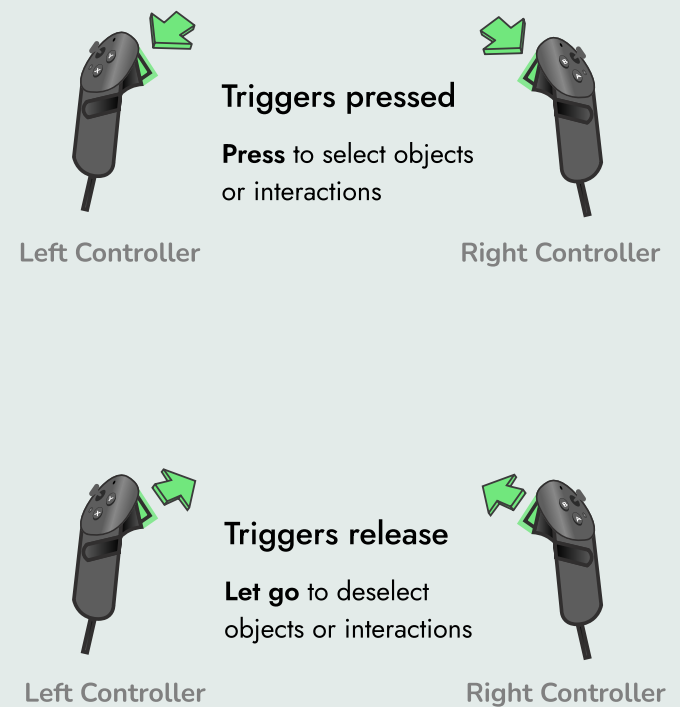
Buttons

Basic functions of the Meta Quest Pro 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

Quest button

Press to open the universal menu

Press and hold to reset headset orientation

X - button

A - button

Press to select objects or interactions

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 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

The lens spacing is on a fluent slider that can be adjusted by pressing the lenses together or apart. Adjust until the visuals are most clear to you.

Adjusting the depth distance

Rotate the depth wheel to change the distance of the lenses from your eyes.

If you are a glasses wearer, in general a greater distance between your face and the headset lenses would be ideal.

If you experience eye strain in VR, try bringing the lenses closer.

ⓘ 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.

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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