

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.

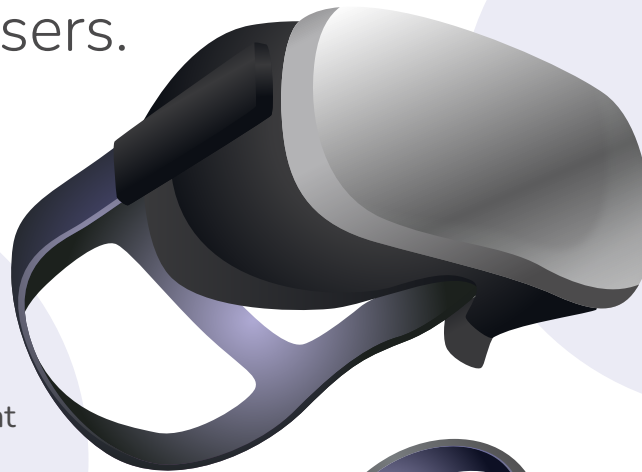
VR Accessibility



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

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.



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



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



Customizable audio and video controls



User-friendly interfaces



Diverse visual representation



Haptic feedback



Subtitles

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

Note: CDC's Division of Laboratory Systems (DLS) continues to incorporate accessibility options such as keyboard and mouse integration, synchronized subtitles, and appropriate color contrast into VR training content. In general, DLS VR training content complements [existing CDC eLearning courses found here](#). These eLearning courses are accessible, web-based experiences that provide the instructional content users apply in VR.