

# How To Overcome VR Training Safety Problems: 6 Solutions



## Keep VR Training Activities To 20 Minutes

VR is meant to be used for a short amount of time. Twenty minutes is the recommended usage time for a VR activity to avoid disorientation or sickness.



## Stay Seated Or Block Off Space

VR training fully immerses a learner in a simulated environment, which cuts off any outside world view. Since learners are unable to see around them, blocking off an area in your office can help create a safe learning environment.



## Sanitize Equipment Regularly

VR equipment, including the headset and controllers, should be appropriately cleaned and sanitized to ensure that learners are kept safe and healthy.



## Remove Dangerous Objects From The Surrounding Area

You should ensure that learners are distanced from other people, stairs, balconies, windows, furniture, or other items that could interfere with their VR activity.



## Assign A Spotter

The buddy system is a great idea for conducting VR training safely. The spotter is responsible for watching out for the learner's safety while they're immersed in the simulated environment.



## Create Content In Different Formats

A drawback to VR training is the potential to experience physical side effects. The solution is to create your program in various formats, such as a desktop web-version, which takes the training outside the headset and avoids physical side effects.