Manual
Getting Started with Meta Quest 3 for Virtual Labs

Version 1.0

Target group: Teachers, trainers, trainers and learners

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0 Welcome to Virtual Labs

0.1 Experience pneumatics in a new way

With Virtual Labs, learners experience pneumatic systems in an immersive 3D and mixed reality environment. The application on the **Meta Quest 3** enables the understanding, building, testing and analysis of pneumatic systems without physical hardware.
Virtual Labs is based on the proven FluidSIM simulation core and combines theoretical schematic understanding with an interactive, hands-on 3D work environment.

This guide will help you:

- Setting up your Meta Quest 3
- the use of hand tracking to operate the VR glasses
- getting to know the most important gestures
- Avoidance of typical set-up errors
- Preparing to get started with Virtual Labs

0.2 Learning objectives

After completing this guide, you will be able to:

- Successfully Setting Up Your Meta Quest 3
- Adapt the headset to your needs
- Activate and use hand tracking
- Use the most important gestures safely
- Understanding and using mixed reality
- Solving typical problems independently
- Prepare your workspace for Virtual Labs

0.3 Meta Help Page

This manual is only a help for the first steps and is not exhaustive. For the general setup and use of Meta VR devices, Meta itself offers detailed help pages that will help you at any time:
Getting Started with Meta Quest 3 | Quest Help | Meta (en-US)
In this handbook, reference is made again and again to exactly these pages.

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1 Safety instructions

Please read the following safety instructions carefully before using Meta Quest 3 for the first time.

1.1 Secure user environment

- Use the VR glasses exclusively in a free and tidy environment.
- Remove possible tripping hazards such as cables, bags or chairs from the movement area.
- Keep a sufficient distance from walls, furniture and other people.
- Do not use the VR glasses when walking, climbing stairs or driving vehicles.

1.2 Health and well-being

- Take regular breaks if you use it for a longer period of time.
- Discontinue use immediately if dizziness, nausea, discomfort or headache occurs.
- Do not continue using it until the symptoms have completely subsided.
- Persons with known health restrictions should inform in advance of the use of the
- medically.

1.3 Use with glasses

- The Meta Quest 3 can basically be worn with many glasses.
- Make sure that the glasses fit comfortably and that there are no pressure points.
- Avoid contact between lenses and the lenses of the headset to prevent scratches.

1.4 Responsible use

- Handle the headset and controller carefully.
- Avoid bumps, falls or heavy loads.
- Protect the lenses from direct sunlight as they can be permanently damaged.

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2 Check the scope of delivery

Before using it for the first time, check that all components are present and undamaged.

Scope of Delivery

- Meta Quest 3 Headset
- 2x Touch Plus Controller
- Power supply
- USB-C charging cable
- Headband



Figure 01 – Scope of Delivery

Note: Do not use the device if there is visible damage to the housing, lenses, charging port, or accessories.

2.1 Meta Help Page

You can also use the Meta Help page for this topic: [Meta Quest 3 inside the box | Quest Help | Meta (en)]

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3 Before first use

Before the first use and initial setup, the headset should be fully charged. A full charge ensures that the setup can be completed without interruption.

3.1 Procedure

- Connect USB-C cable
- Connect the power supply to power
- Check Charge Indicator
- Fully charge your device

3.2 Best practice and tips

- For training environments, charging after each use is recommended. This ensures that devices are ready for use at all times. One battery charge lasts a little longer than an hour with constant use.
- Clearly identify charging stations in training rooms and define a fixed process for charging, storing and cleaning after each training session.
- If you have several VR headsets, it is advisable to label both the VR glasses and the controllers (e.g. VR glasses 1; VR glasses 2, etc.). This ensures that you don't lose track of things and always have the right controllers with the right VR glasses.

3.3 Meta Help Page

You can also use the Meta Help page on this topic: How to charge your Meta Quest headset | Quest Help | Meta (en)

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4 Setting up Meta Quest 3

For the initial setup, a smartphone with Internet access is required.

4.1 Setup Guide

4.1.1 Meta Horizon App installieren

Install the Meta Horizon app from the respective app store on your smartphone

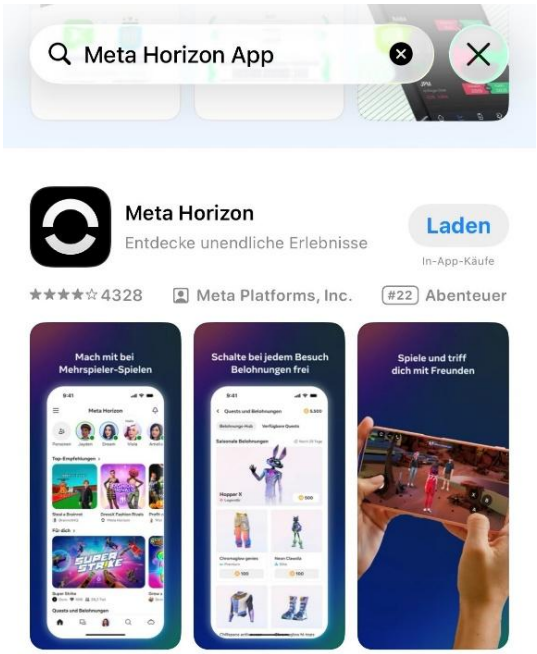

Figure 02 – Meta Horizon App

4.1.2 Create a Meta account

Sign in with an existing account or create a new Meta account

4.1.3 Turn on Quest 3

Turn on the headset (see Fig. 02) and follow the setup wizard.

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Figure 03 – USB-C port and power button on the Quest 3

4.1.4 Headset koppeln

Connect headset and smartphone via the pairing process.

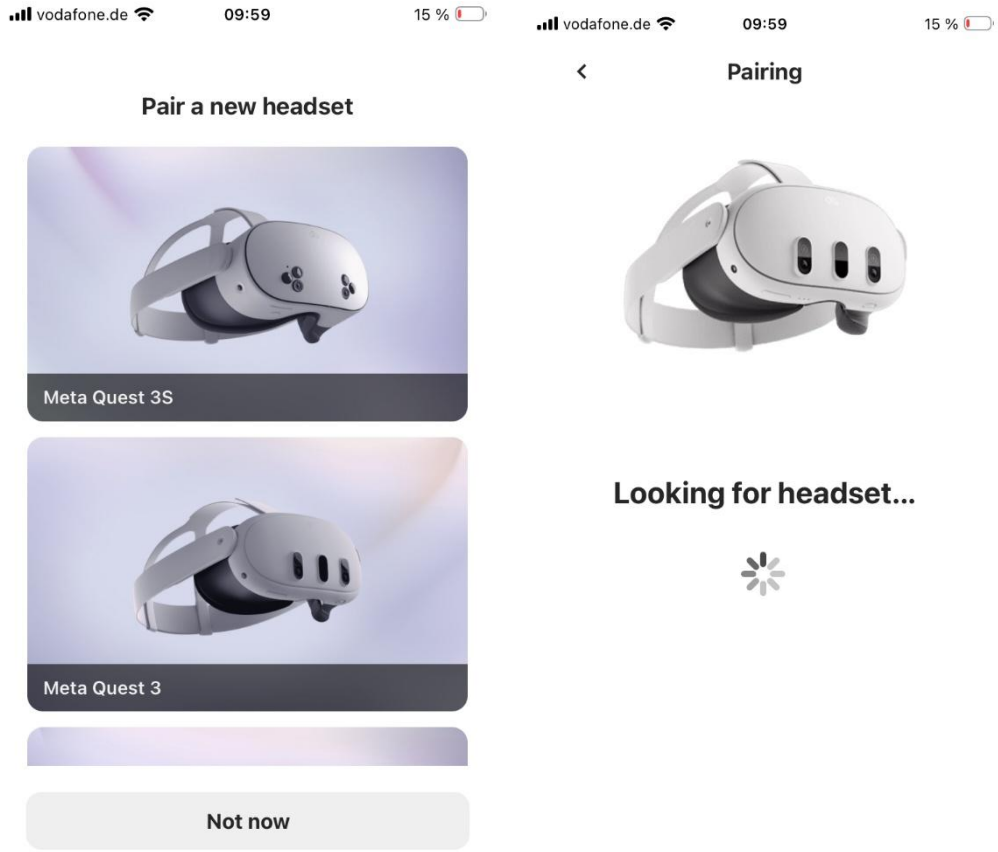

Figure 04 – Pairing Process Device Search

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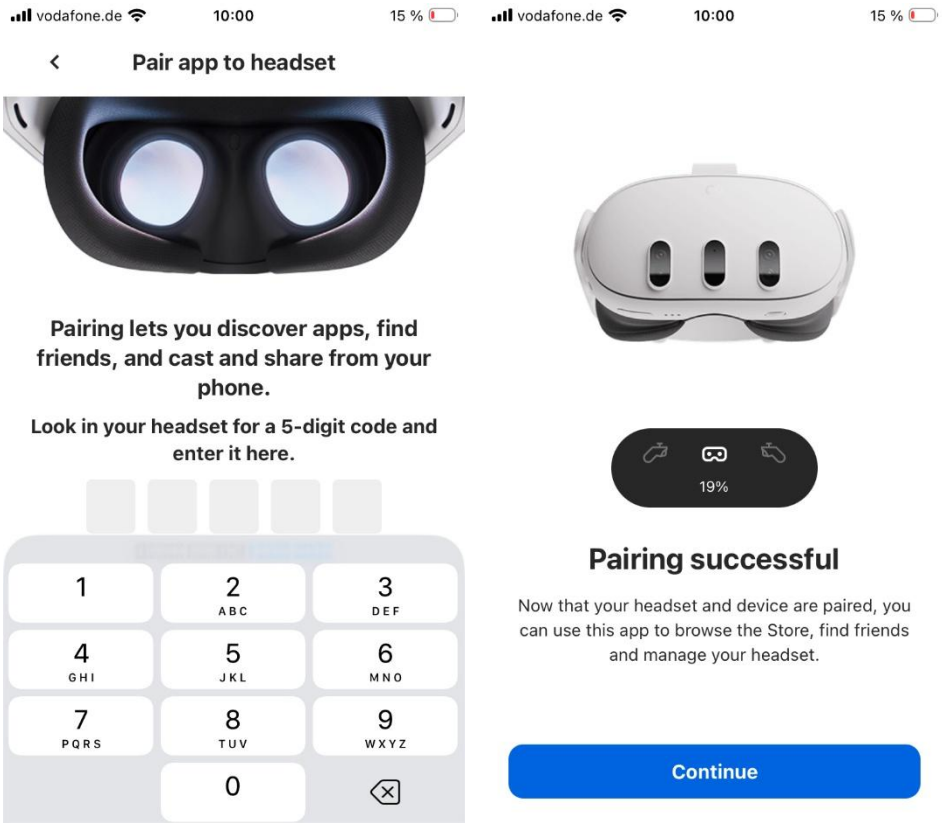

Figure 05 – Pairing Process Device Pairing

Note: You can find your device pairing code under Settings -> General -> About -> Device -> code for pairing

4.1.5 Connect to Wi-Fi

Connect your Quest 3 to a stable Wi-Fi network.

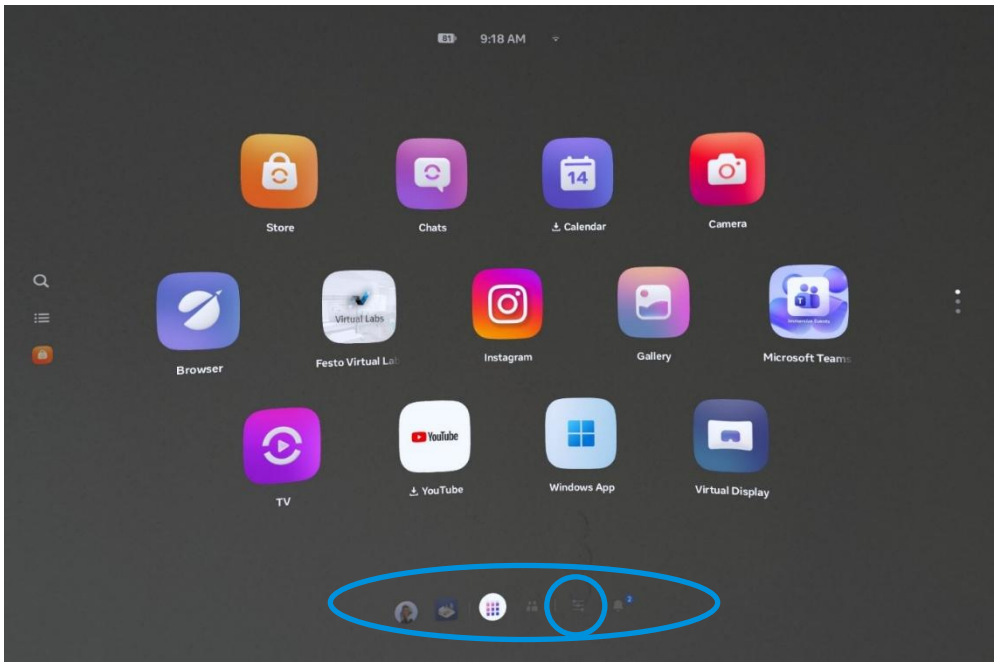

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Figure 06 – Main Menu and Quick Settings in Quest 3

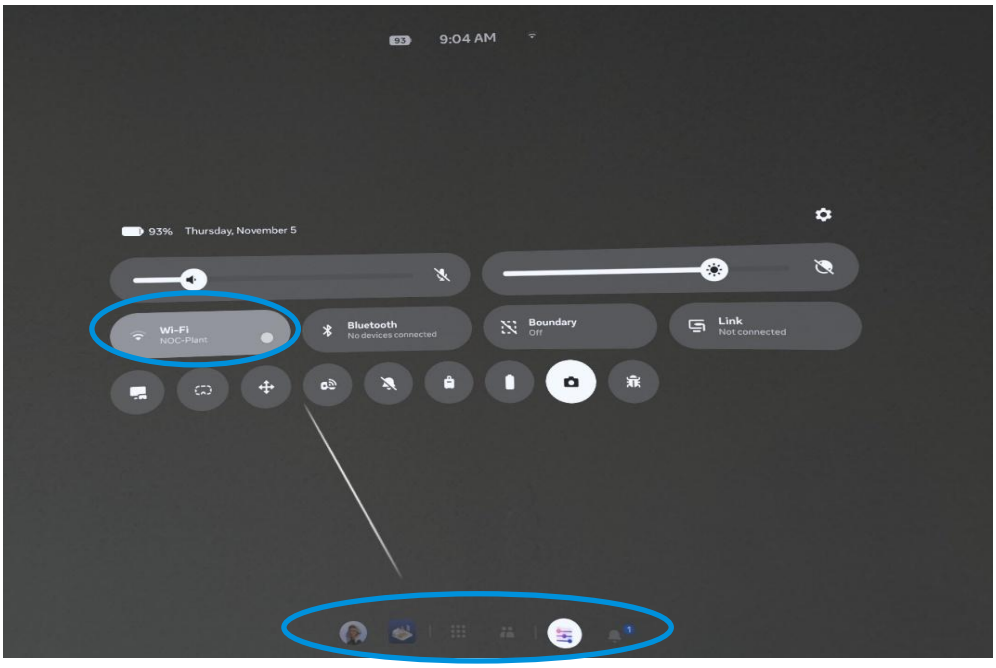

Figure 07 – Wi-Fi Settings under Quick Settings

4.2 Best practice and tips

- Install available software updates immediately after initial setup. This will help you avoid compatibility issues with future applications.
- If you have several VR headsets, it is recommended to use an MDM (Mobile Device Management) to manage the devices.

4.3 Meta Help Page

You can also use the Meta Help page: [Setting Up Your Meta Quest 3 | Quest Help | Meta (en)]

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5 Prepare the environment

There should be enough space to work safely with your Quest 3 and Virtual Labs.

5.1 Workspace

Recommended

- ✓ At least 2 × 2 m free area
- ✓ Good lighting
- ✓ Stable Wi-Fi connection
- ✓ Obstacle-free environment
- ✓ Clear view of the cameras

Avoid

- ✗ Dark rooms
- ✗ Mirror directly in the field of view
- ✗ Cables on the floor
- ✗ Reflective surfaces
- ✗ Transit areas with passenger traffic

5.2 Set room boundaries

Room boundaries are a built-in security feature that allows you to set virtual walls of your "play area". The main purpose of this feature is to prevent a user who is in the virtual environment from colliding with objects in the real world, e.g. table/wall. The set room boundary will be displayed virtually to you as soon as you get too close to the edge of the "play area". However, in a mixed reality environment such as Virtual Labs, you will see your environment, so this setting is only incidental. Nevertheless, the room boundary should be set for security reasons.

Setting up a boundary

- Press the meta button or use the pinch gesture to open the main menu

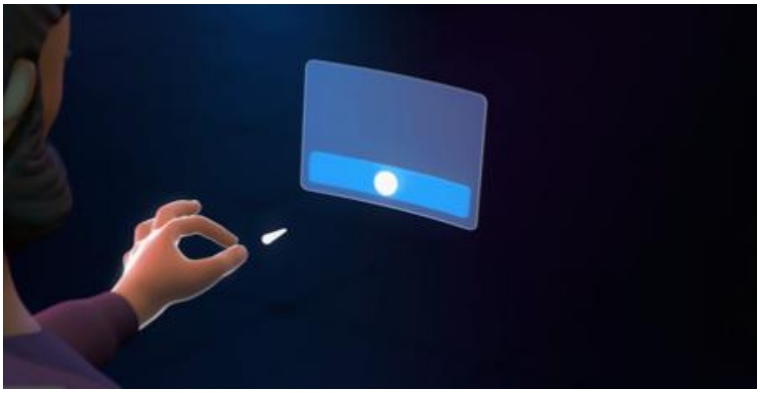

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Figure 08 – Click (pinch) gesture (Source: Meta)

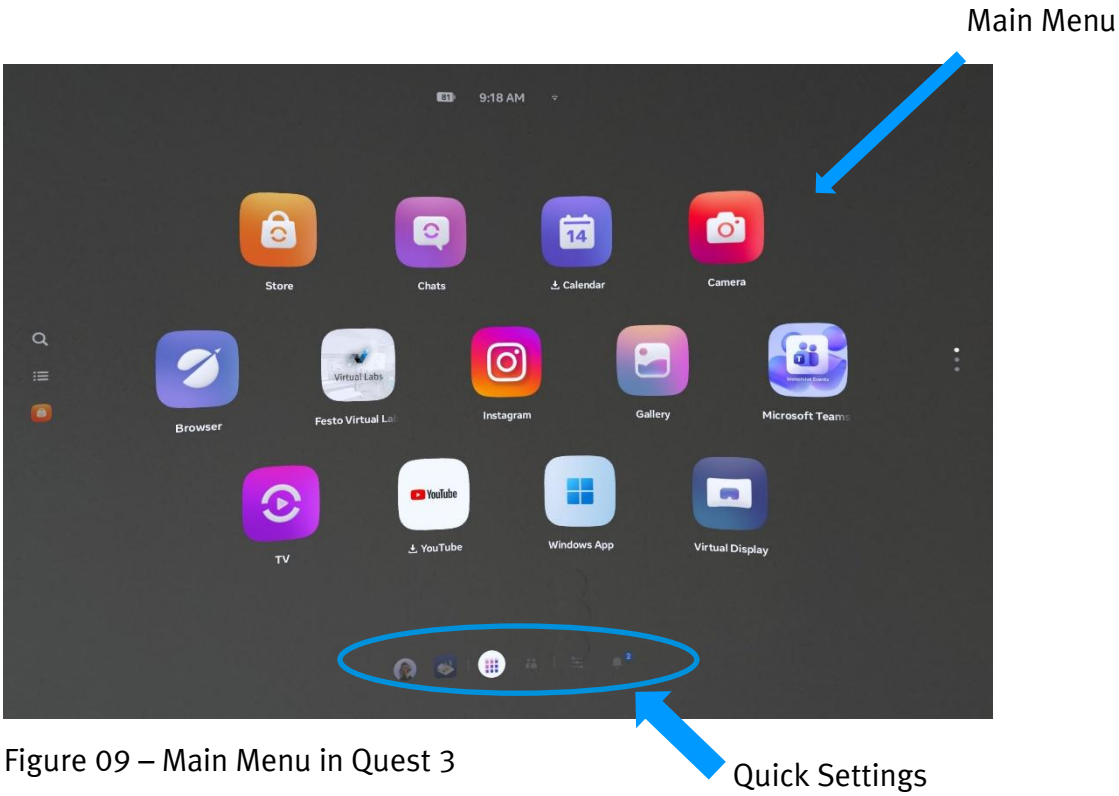

Figure 09 – Main Menu in Quest 3

- Select Quick Settings
- Select Boundary, and then select Adjust Boundary

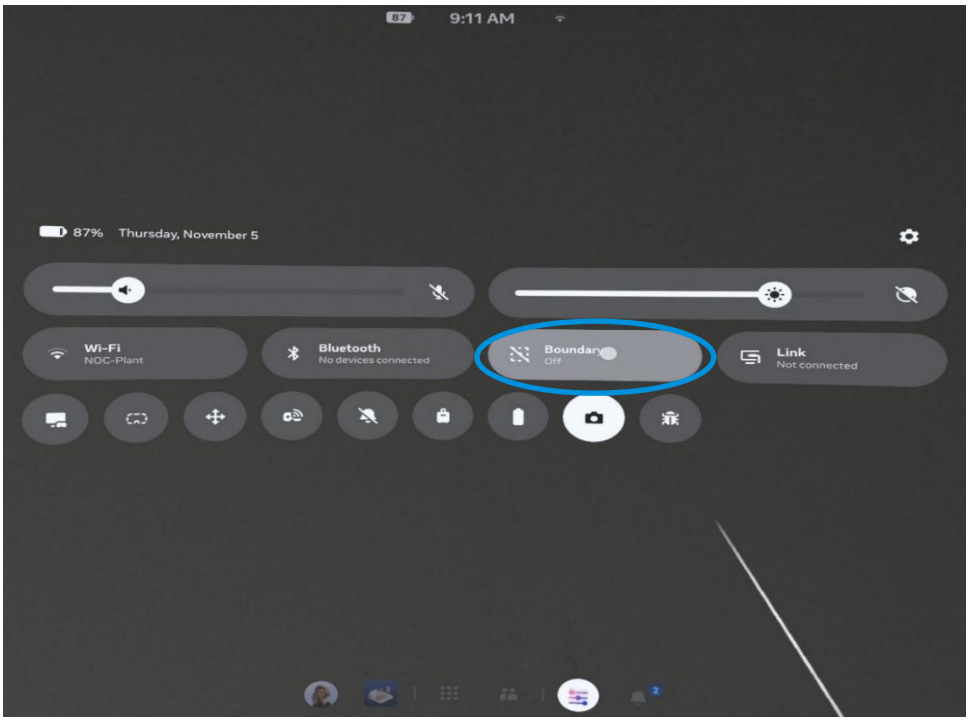

Figure 10 – Space Boundary

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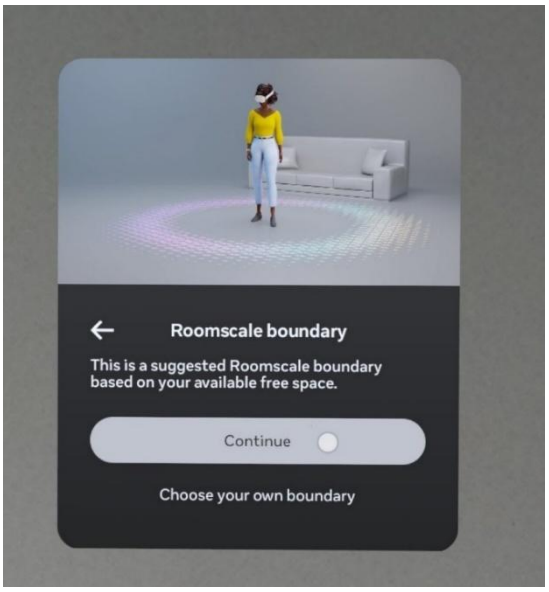

Figure 11 – Recommended Space Boundary

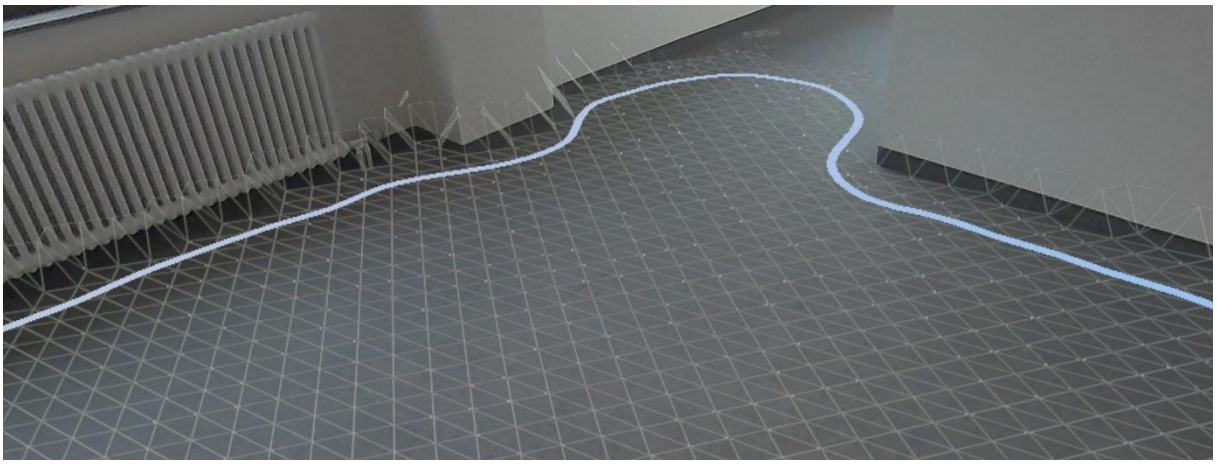
Figure 12 – Example of a Recommended Room Boundary

- Follow the steps outlined and set up your custom boundary

5.3 Best practice and tips

- If possible, use the same training area for all learners. This reduces setup effort and improves the user experience.
- If you use apps in mixed reality (e.g. Virtual Labs), users can see the real environment. For VR apps, a room limit is therefore much more important.

5.4 Meta Help Page

You can also use the following meta help pages on this topic:

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Setting Up Your Meta Quest Limits | Quest Help (en-US)
Proposed Limitation and Assistance in Setting Up the Room on Meta Quest | Quest Help | Meta (en)

6 Putting on the headset correctly

A correct fit of the headset on your head greatly improves comfort, image quality, and user experience.

6.1 Putting on the VR headset

Place the controllers ready, preferably on a surface in front of you.
The controllers are activated automatically (if batteries are inserted) and do not need to be turned on separately.



Figure 13 – Controller

Adjust the head attachment/strap as shown in Figure 09-11 to achieve a snug fit. Place the headset against the eye area and tighten the strap. The glasses should fit securely and tightly, but not press.

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Figure 14 – Headset straps in original delivery

For the Elite strap (extra accessory, recommended), loosen the side strap using the dial at the back of the head.
The entire strap folds up for easy putting on.



Figure 15 – Elite Belt Adjustment Using Rotary Dial (Extra Accessory)

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Figure 16 – Elite Belt Tilt Adjustment (Extra Accessory)

Place the headset against the eye area, pull the strap from top to bottom, and use the dial to hold it in place at the back of your head. The glasses should fit securely, but not press.

6.2 Best practice and tips

- If the glasses do not fit correctly and tightly enough, the image may appear blurry. In this case, align the glasses again (see Fig. 11).
- Likewise, if the glasses are not worn correctly, the image in the casting for watching participants may be cut off. In this case, check that the glasses fit properly and, if necessary, tighten. Strap and dial.



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Figure 17 – Correct and incorrect mounting of the VR glasses

6.3 Common causes of an incorrect fit

- ❌ Headset sits too low on the nose
- ❌ Headband too loose
- ❌ Incorrect IPD value
- ❌ Blurred image is ignored

6.4 Common symptoms of an incorrect fit

- Blurred image
- Pressure points in the facial area
- Rapid fatigue
- Limited field of vision
- Inaccurate hand detection
- Cropped image in casting

6.5 Optimal setting

- ✓ **Adjusting the headband**
  The headset should fit securely without causing pressure points.
- ✓ **Positioning**
  Position the lenses in the middle of the eyes.
- ✓ **Lens Distance (IPD)**
  Adjust the interpupillary distance until the image is in focus.
- ✓ **Weight distribution**
  The weight should be evenly distributed between the forehead and the back of the head.

6.6 Meta Help Page

You can also use the following meta help pages on this topic:
Customizing the Fit and Comfort of a Meta Quest Headset | Quest Help | Meta (en-US)
Elite Straps for Meta Quest | Quest Help | Meta (en)

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7 First orientation in the Meta Quest interface

After setting up the Meta Quest 3, you will be taken to the user interface of the system. The most important areas are presented below.

7.1 Main Menu

The main menu is located at the bottom of your field of vision and serves as a central navigation bar.
From here you can:

- Launch apps
- Open Settings
- Show notifications
- Use camera and casting functions
- Manage your profile

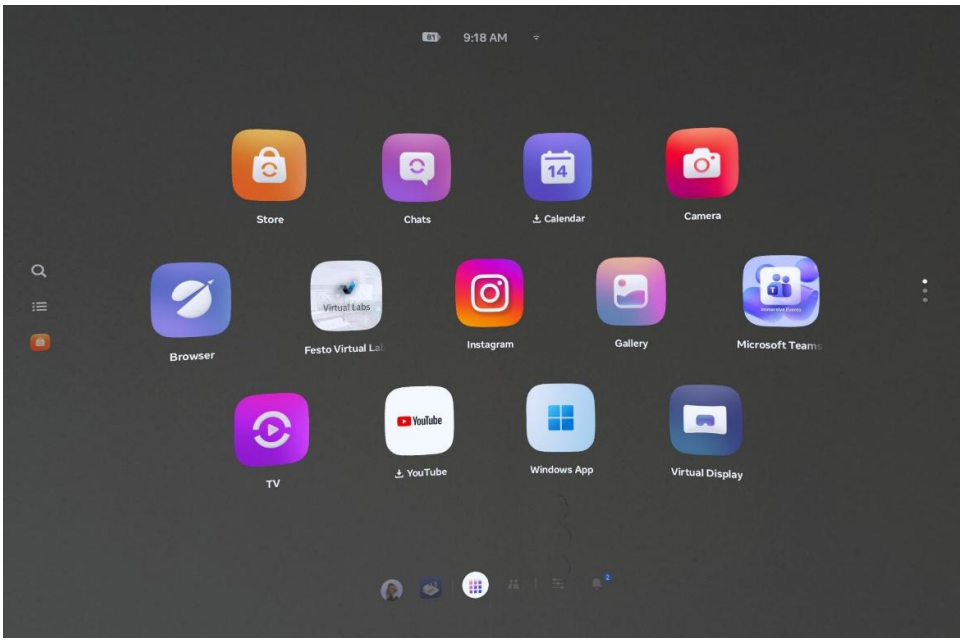

Figure 18 – Main Menu in Quest 3

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7.2 App-Store

The App Store contains all installed applications on the headset.
Here you will find, among other things:

- Virtual Labs
- Meta System Applications
- Other installed learning and training applications

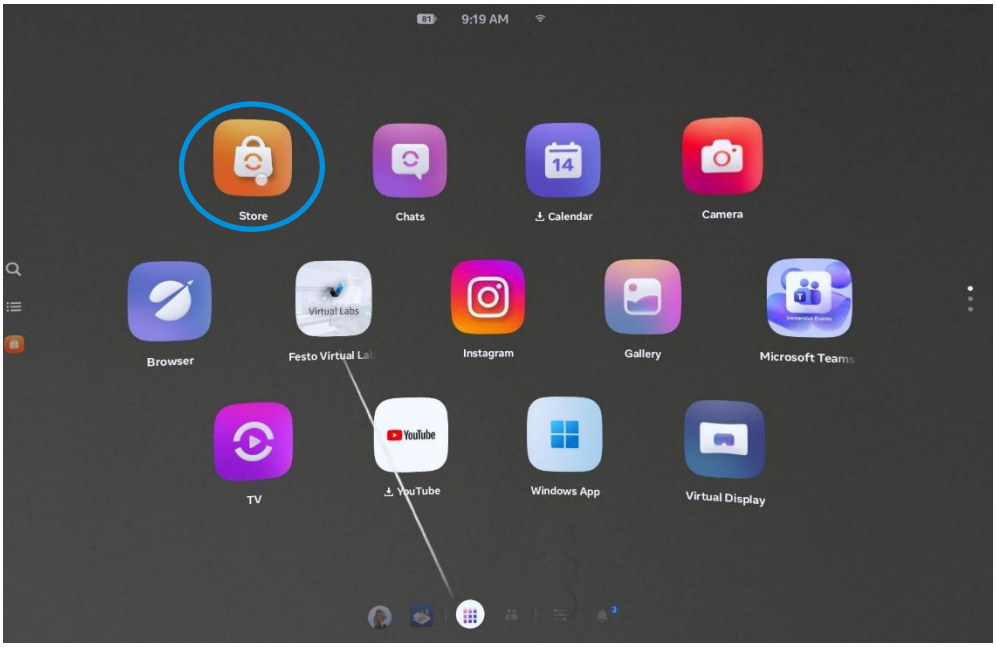

Figure 19 – App Store in the main menu

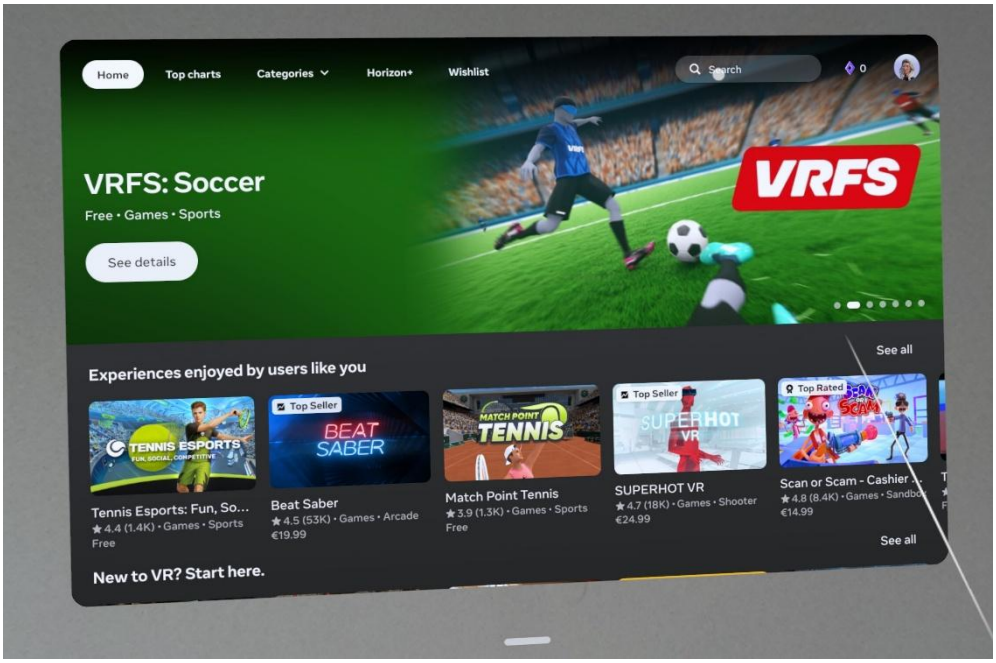

Figure 20 – App Store

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7.3 Quick Settings

Frequently used functions can be called up directly via the quick settings.
These include:

- Wi-Fi settings
- Volume
- Brightness
- Battery status
- Hand Tracking
- Boundaries

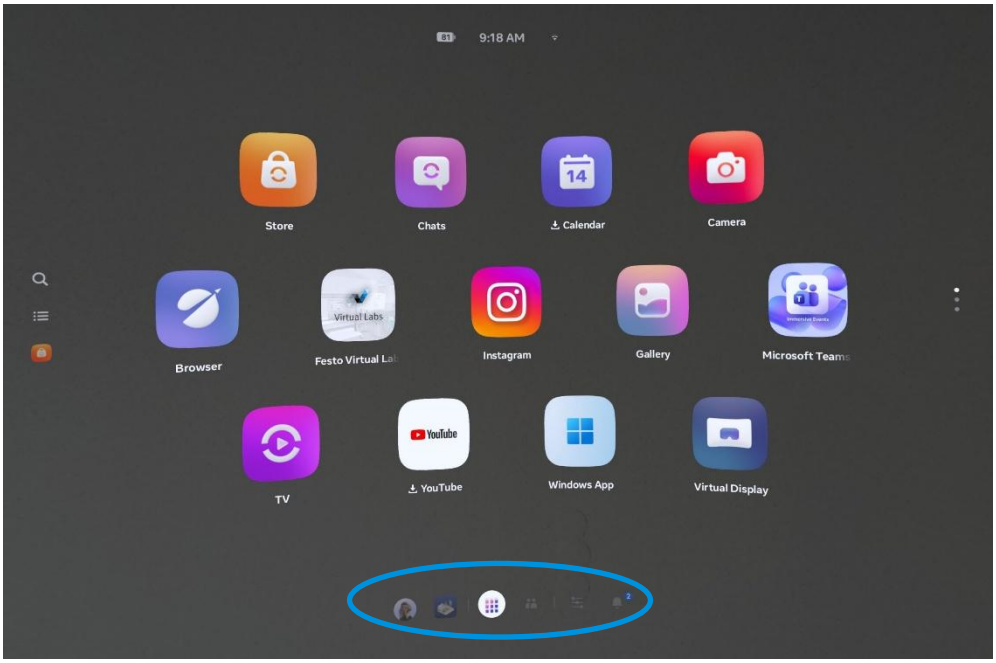

Figure 21 – Quick Settings

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7.4 Status Indicators

Keep an eye out for the following ads:

- Battery -> Charge level of the glasses
- Wi-Fi > network connection
- Notifications -> system messages and notices

After successfully orienting yourself in the quest, you can move on to the next chapter and delve a little deeper into the operating options in the virtual world.

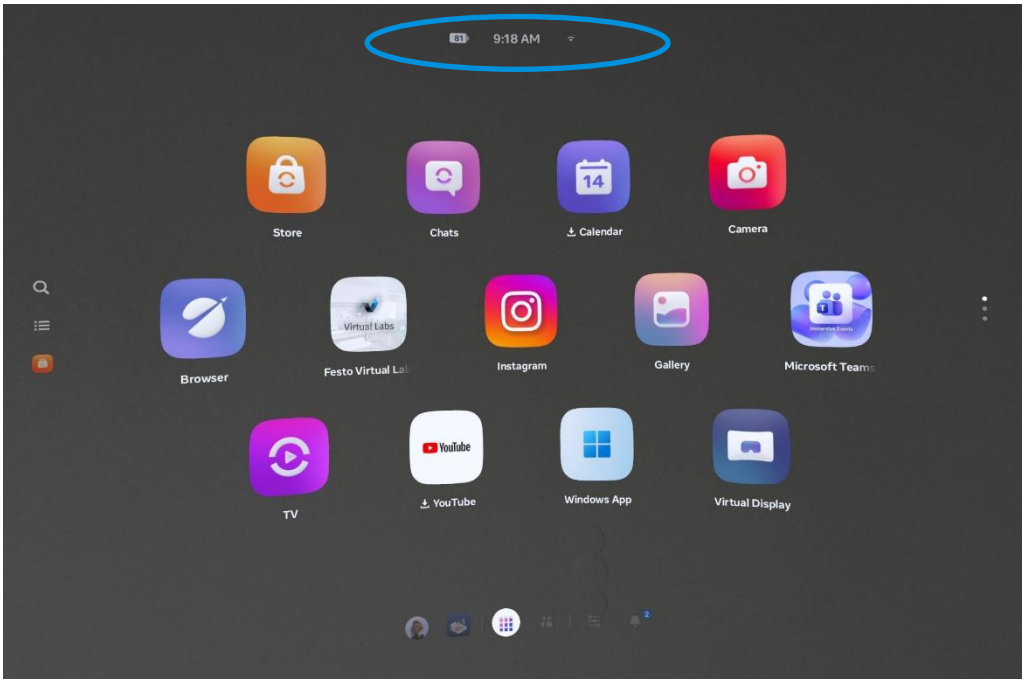

Figure 22 - Status Indicators

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8 Operation of the Meta Quest 3

8.1 Activate hand tracking

Virtual Labs was developed primarily for use using hand gestures (hand tracking). The use of controllers is still possible.

8.1.1 Activation

The default setting of the Quest 3 already allows your hands to be recognized.

- To do this, make sure that the controllers are not moved for at least 30s and place them out of the field of view.
- Remove your hands from the field of view of the glasses and then bring them back into view after 2s.
- You should now see a virtual border of your hands > hand tracking is working.

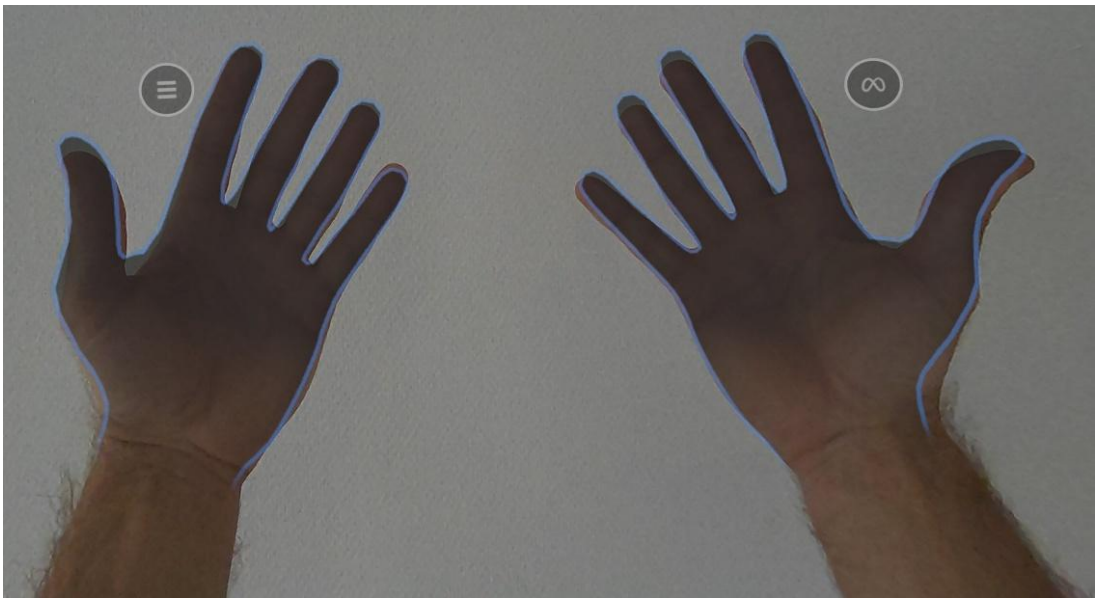

Figure 23 – The Quest 3 recognizes your own hands for hand tracking

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8.1.2 Setting

If this doesn't work, check the following settings:

- Open Quick Menu
- Select settings

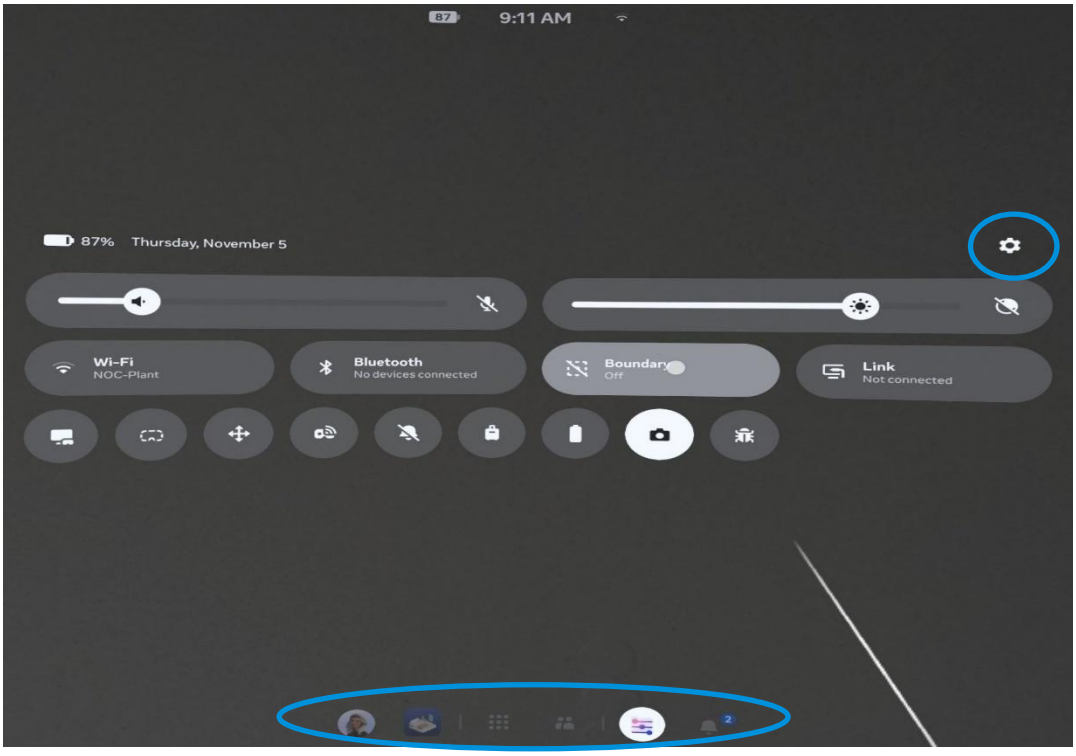

Figure 24 – Settings in Quick Settings

- Open Motion Capture
- Activate hand tracking

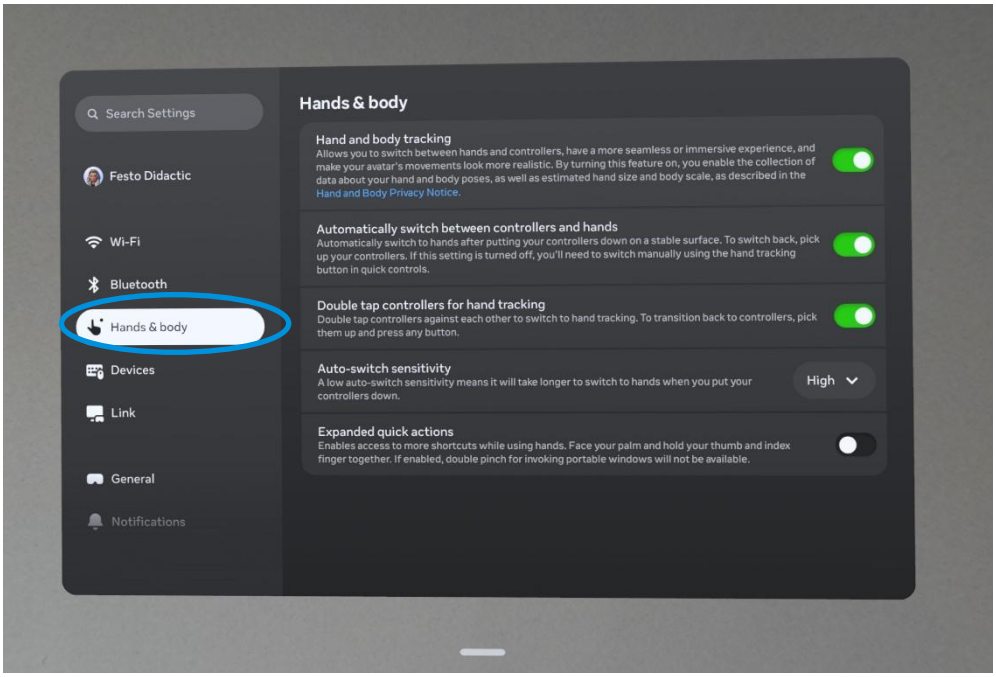

Abbildung 25 – Hand- and Body Tracking

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Note: Good lighting conditions are required for reliable hand recognition.

8.1.3 Meta Help Page

You can also use the following meta help page on this topic:
Learn about hand and body tracking on Meta Quest | Quest Help | Meta (en)

8.2 Interaction by hand control without a controller

Direct Touch on the Meta Quest allows you to intuitively control with your hands, similar to a tablet. You can scroll and swipe through content, tap objects, operate virtual keyboards, move or resize panels and grab objects.

8.2.1 Available Gestures

- Tap objects with one finger to select them.
- Scroll and swipe through menus and content with one finger.
- Operate the virtual keyboard by tapping the keys directly.
- Move panels by grabbing them by the edge or selecting and moving them with your index finger and thumb.
- Open Quick Settings by looking at your palm and pinching your thumb and index finger together. Hold the gesture to navigate and release to make a selection.
- Manually switch to hand control by tapping the controllers together twice.

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The following is a clear overview of the basic gestures without the use of controllers for operating Virtual Labs:

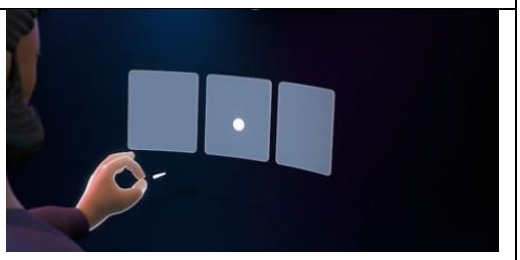
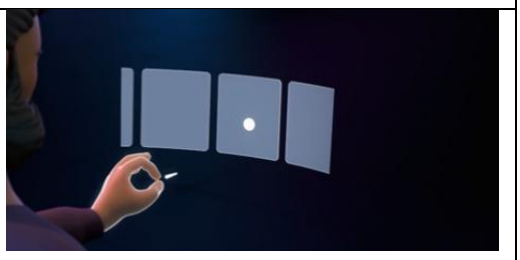
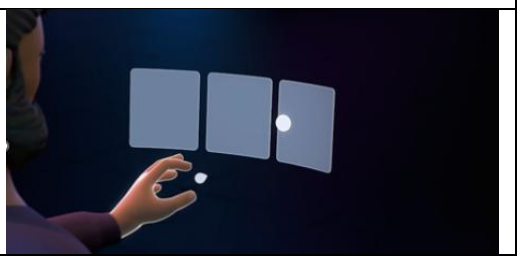
Gesture	Execution
Show	
Click	
Grasping	
Move	
Let go	

Figure 26 – Overview of the most important gestures

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8.2.2 Show

Gesture: Hand open, index finger outstretched

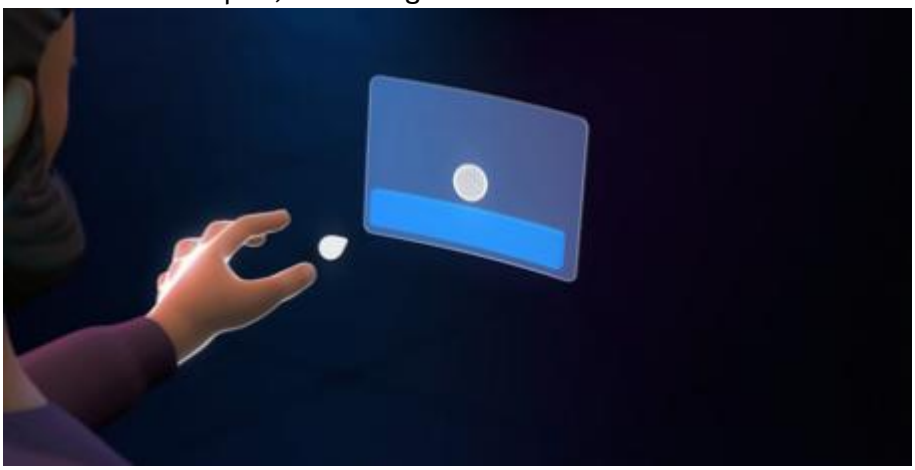

Figure 27 – Show gesture (Source: Meta)

Usage

- Select menu items
- Marking Components
- Focus buttons

Note: Corresponds to the mouse cursor on the PC.

8.2.3 Pinch

Gesture: Briefly bring your thumb and index finger together

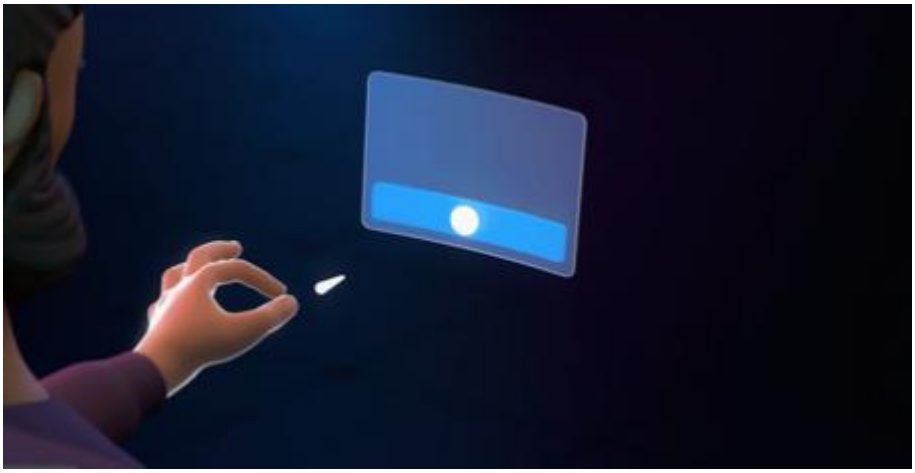

Figure 28 – Click (pinch) gesture (Source: Meta)

Usage

- Pressing buttons
- Select menus
- Confirm actions

Note: Equivalent to a mouse click.

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8.2.4 Grasping

Emote: Perform and hold pinch

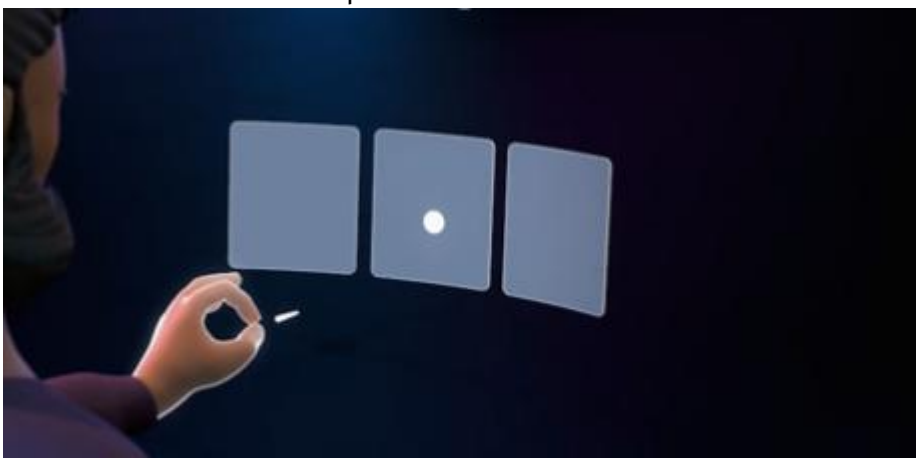

Figure 29 – Grab gesture (pinch hold); (Source: Meta)

Usage

- Recording components
- Grabbing objects
- Machining Components

Note: Corresponds to click and hold.

8.2.5 Move

Gesture: Hold pinch and move hand

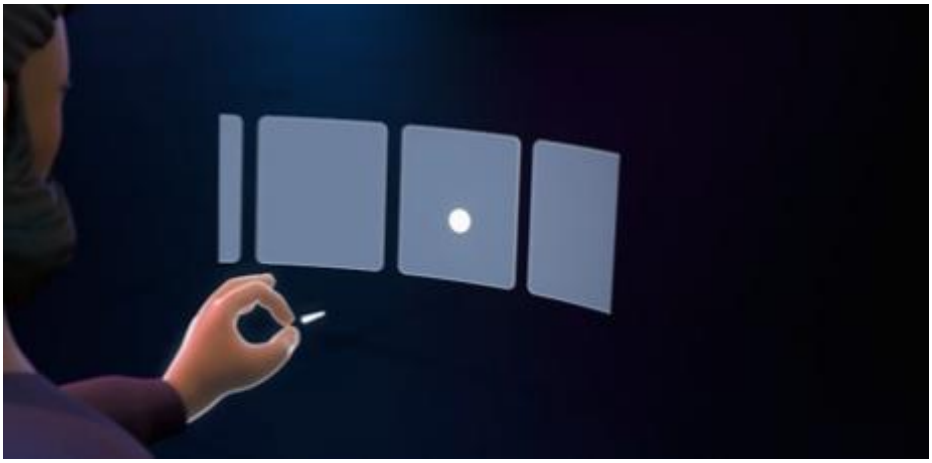

Figure 30 – Move Gesture

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Usage

- Positioning Components
- Move menus
- Align objects
- Connecting components
- Connect Pneumatic Hoses

Note: Equivalent to drag and drop.

8.2.6 Let go

Emote: Solve Pinch

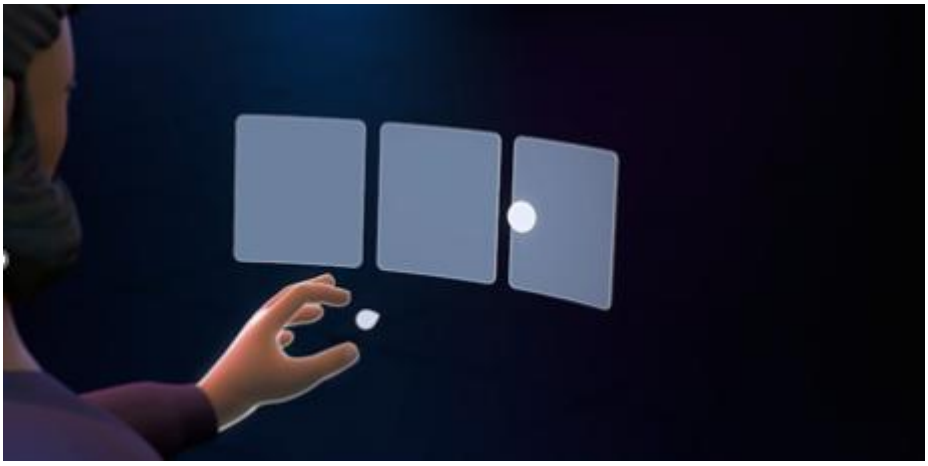


Figure 31 – Gesture Letting Go

Usage

- Drop Component
- Confirm Position
- Complete the connection

8.2.7 Meta Help Page

You can also use the following meta help pages on this topic:

Direct Touch on Meta Quest | Quest Help | Meta (en)

Learn about hand and body tracking on Meta Quest | Quest Help | Meta (en)

This document has been automatically translated.

8.3 Alternative Operation with Controllers – Basics

Even though Virtual Labs is preferably used with hand tracking, many functions can alternatively be operated via the controllers.

8.3.1 Overview of the buttons

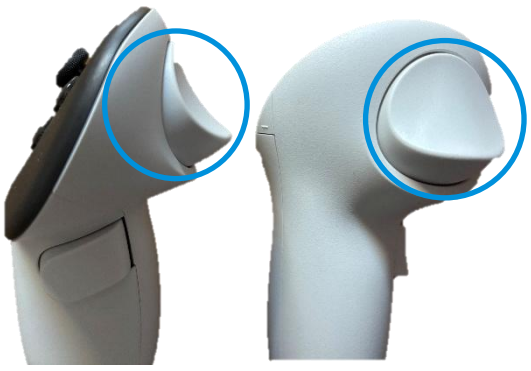


Figure 32 – Overview of the buttons on the Quest 3 controller (Source: OssoVR)

8.3.2 Trigger-Taste

The trigger button is located on the front of the controller.
Usage:

- Selecting Objects
- Confirm actions
- Interaction with virtual controls



This document has been automatically translated.

Figure 33 – Trigger button

8.3.3 Grip-Taste

The grip button is located on the side of the controller.

Usage:

- Gripping Objects
- Pick up and move elements
- Interaction in simulations



Figure 34 – Grip button

8.3.4 Joystick

The joystick is used to navigate within menus and applications.

Usage:

- Scroll
- Navigation
- Selection of menu items



Figure 35 - Joystick

This document has been automatically translated.

8.3.5 Meta-Taste

The meta key opens the central system menu.

Usage:

- Return to the main menu
- Accessing System Preferences



Figure 36 – Meta button

8.4 Switch between controller and hand tracking

The Meta Quest 3 automatically detects whether you want to use controllers or use your hands to control them.

You can also manually switch between both input methods if necessary.

This document has been automatically translated.

9 Understanding Mixed Reality

The Meta Quest 3 supports both Virtual Reality (VR) and Mixed Reality (MR).

9.1 Virtual Reality (VR)

The user is completely in a virtual environment.

Typical Applications

- Guided training scenarios
- Virtual Labs
- Fully simulated environments

9.2 Mixed Reality (MR)

The real environment remains visible and is supplemented by virtual content.

Typical Applications

- Building automated systems in the workplace
- Working together in the training room
- Practical simulations

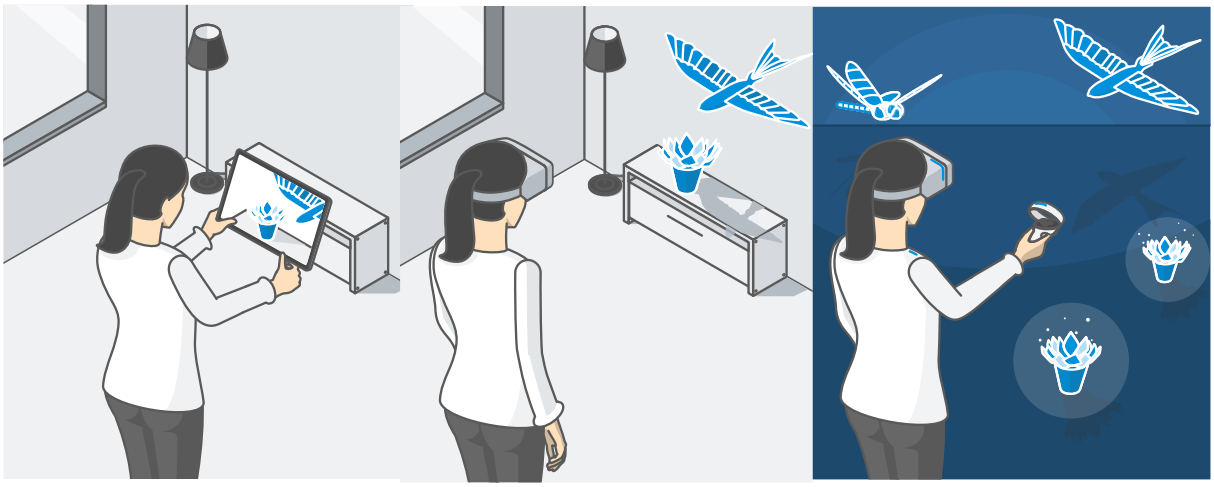


Figure 37 – Illustration of augmented, mixed, and virtual reality (AR, MR, VR)

9.3 Meta Help Page

You can also use the following meta help pages on this topic:
Experience Mixed Reality with the Meta Quest | Quest Help | Meta (en)

This document has been automatically translated.

10 Streaming (casting) to a PC or screen

When using virtual labs in training and classroom situations, it often makes sense to transfer the view of the user of the VR glasses to a screen, projector or digital whiteboard. This allows teachers and other participants to follow the activities within the VR glasses.

10.1 Prerequisites

- Meta Quest 3 and the PC are on the same Wi-Fi network.
- Meta Quest 3 is set up and turned on.
- An up-to-date web browser is available.
- A high-performance Wi-Fi connection is recommended for stable transmission.

10.2 Casting via the web browser

- On your PC, open the page: https://horizon.meta.com/casting/

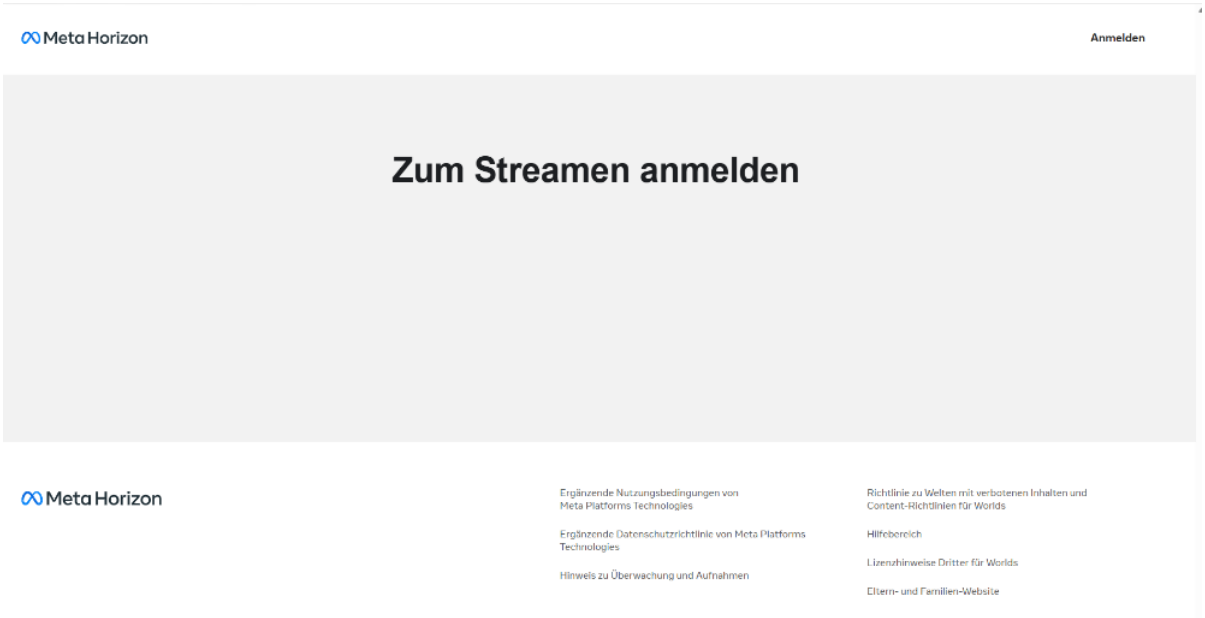


Figure 38 – Meta's streaming website

- Sign in with the Meta account associated with the headset.
- Put on the Meta Quest 3.
- Open the main menu.
- Select **Camera** > **Stream/Cast**

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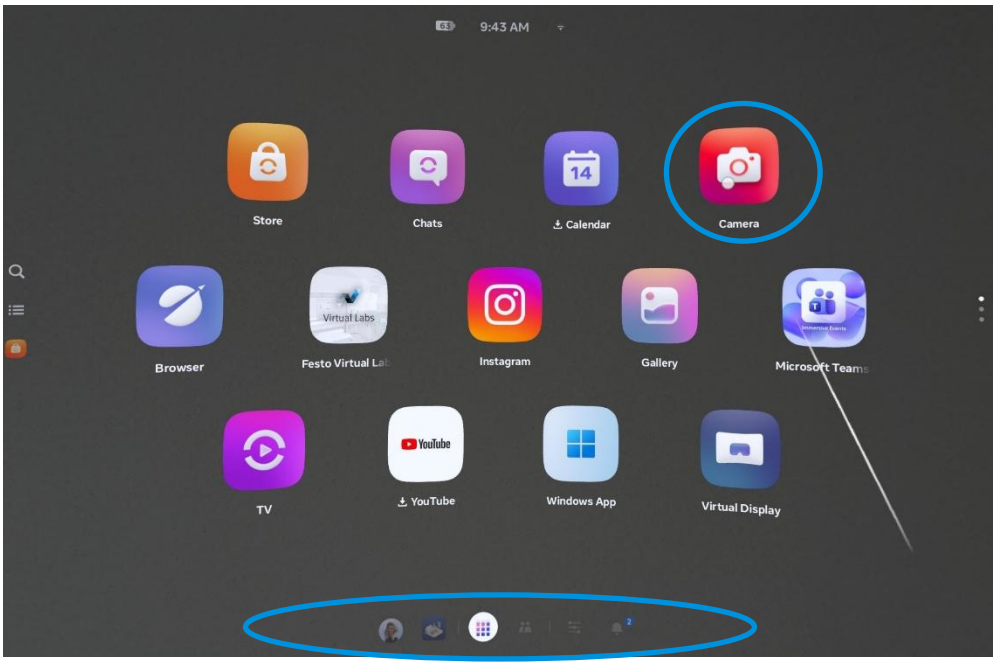

Figure 39 – Camera in the main menu

- Select your available device or web (browser).

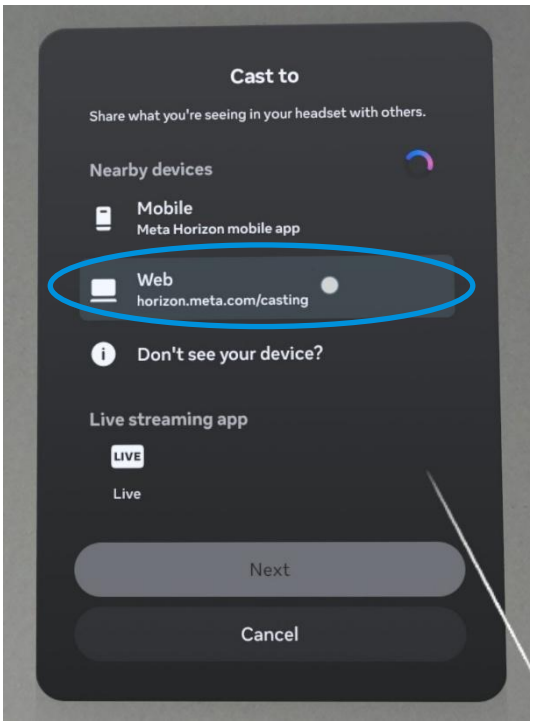

Figure 40 – Casting/Streaming Options

- Confirm the connection.
- The current view of the VR glasses user is now displayed on the PC.

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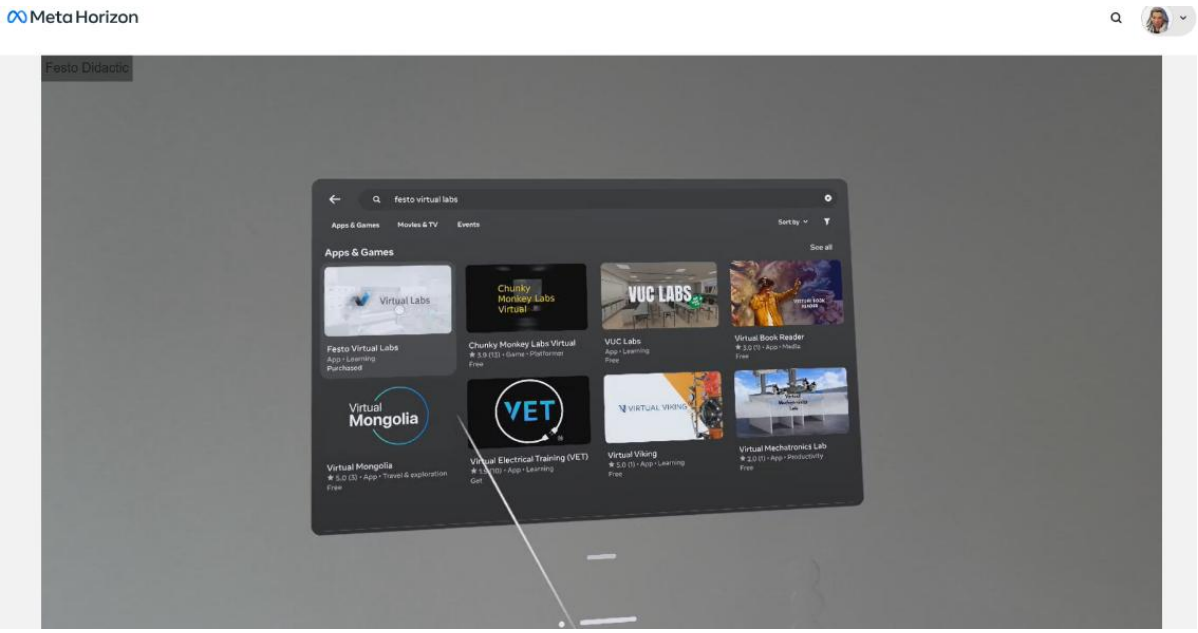

Figure 41 – View of the VR glasses user on the PC

10.3 Best practice and tips

- Use casting especially for demonstrations or introductions.
- For virtual labs, it is recommended to display them on a large screen or projector.
- If the image is delayed, check the Wi-Fi connection. In addition, the transmission can stutter if too many participants/devices are in a network at the same time.
- A cropped or shifted image often indicates an improperly fitting headset strap.
- Make sure that no personal information is transmitted in the case of privacy-relevant content.

10.4 Typical problems

10.4.1 Device not found

Problem

- ✗ No device available

Solution

- ✓ Check your Wi-Fi connection
- ✓ Check whether the same account was used to log in in the browser and on the VR glasses

This document has been automatically translated.

10.4.2 Black screen

Problem

- ✗ Black screen

Solution

- ✓ Restart casting
- ✓ Restart VR glasses

10.4.3 Disconnections

Problem

- ✗ Disconnections

Solution

- ✓ Improve Wi-Fi signal
- ✓ Allow fewer participants in the network

10.4.4 Cropped image

Problem

- ✗ Image appears cropped

Solution

- ✓ Check the fit of the headset, optimally mounted at eye level

10.5 Meta Help Page

You can also use the following meta help page on this topic:
Record or Stream Your Mixed Reality View in Meta Quest | Quest Help | Meta (en)

This document has been automatically translated.

11 Start Virtual Labs

After your Meta Quest 3 has been set up, you can launch Virtual Labs.

11.1 Check before you start

Make sure that:
☐ Headset fits comfortably
☐ The surrounding area is sufficiently lit
☐ Hand tracking is enabled
☐ Sufficient freedom of movement is available
☐ Battery is sufficiently charged

11.2 Open application

- Open the App Store

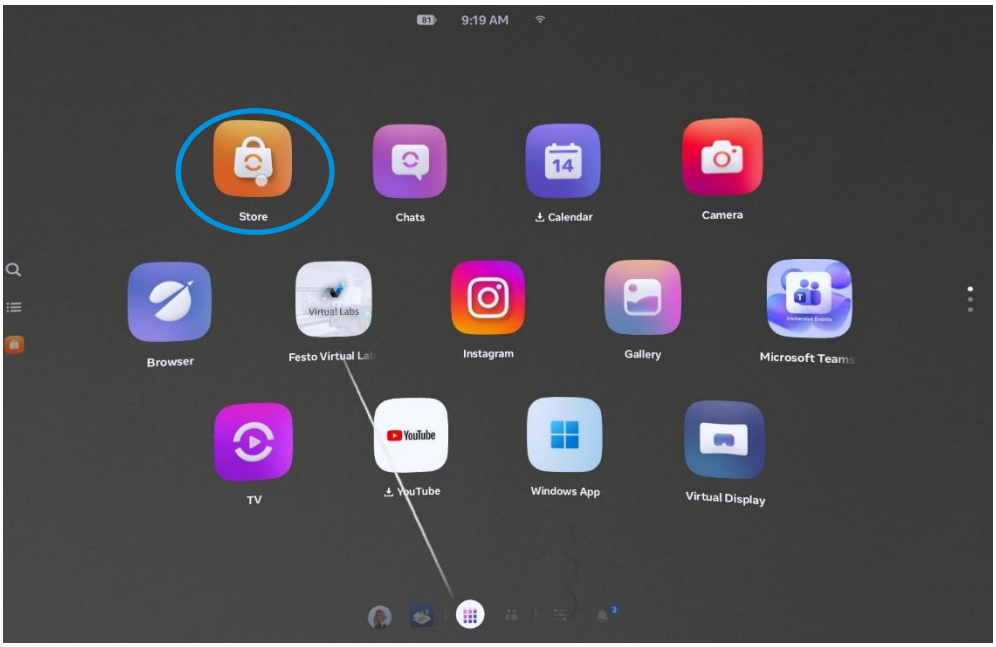

Figure 42 – App Store in Quest 3

This document has been automatically translated.

- Search for "Festo Virtual Labs".

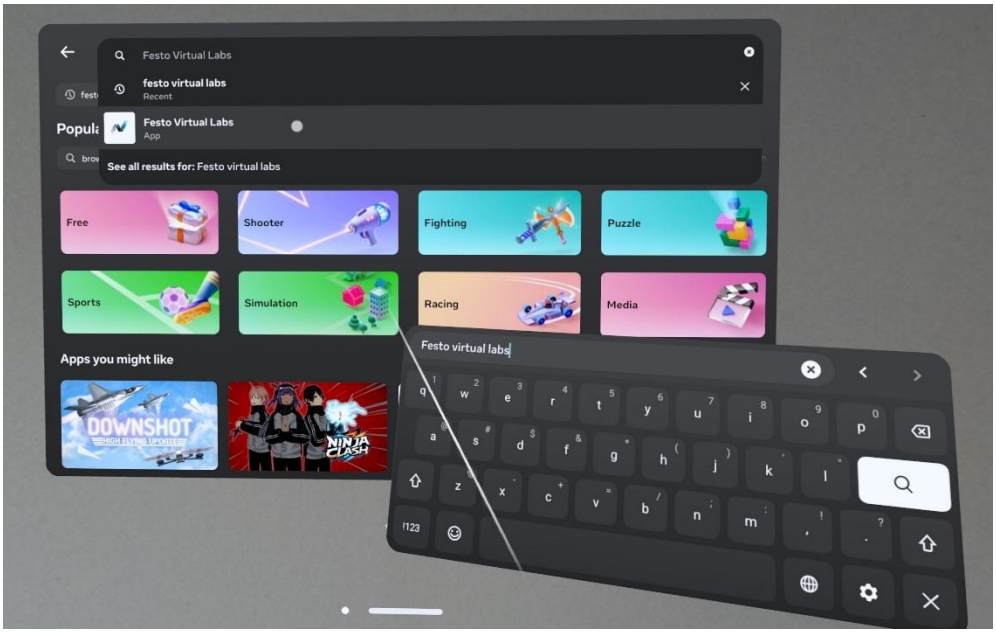

Figure 43 – Search for "Festo Virtual Labs" in the App Store

- Select the application.
- Download it and then launch it.

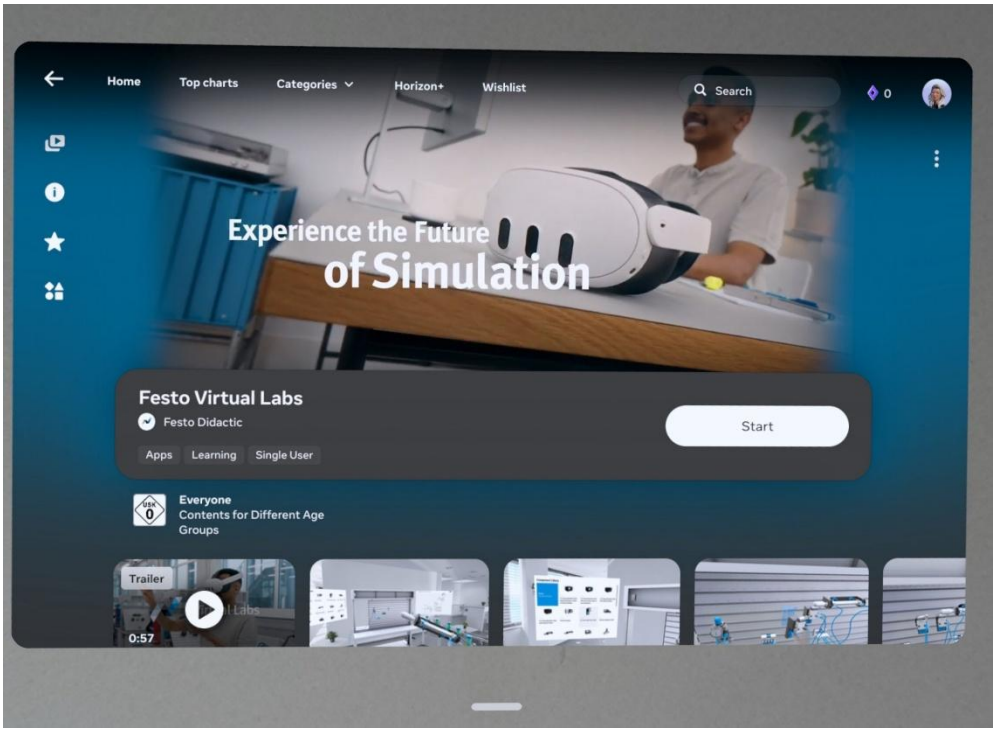

Figure 44 – Virtual Labs App Detail Page

This document has been automatically translated.

- Wait for the learning environment to load.
- After starting Virtual Labs, you will see a login screen.

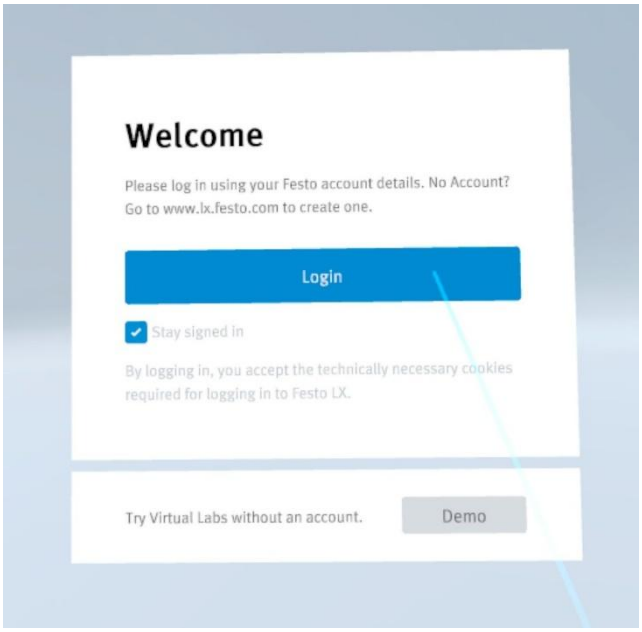

Figure 45 – Virtual Labs login screen after starting the app

11.3 Next step

For detailed use of Virtual Labs, information on login and license activation, navigation within the learning environment, as well as the implementation of exercises and scenarios, please refer to the further manual:

"Getting Started with Virtual Labs"

This document describes the operation of the immersive learning environment, as well as the implementation of the first training and learning tasks in Virtual Labs.

This document has been automatically translated.

12 Common problems and solutions

12.1 Hands are not recognized

Causes

- ✗ Poor lighting
- ✗ Camera Hidden
- ✗ Hands out of sight

Solution

- ✓ Turn on the light
- ✓ Cleaning Cameras
- ✓ Hold your hands in front of the headset

12.2 Blurred image

Causes

- ✗ Headset fits incorrectly
- ✗ IPD not adjusted

Solution

- ✓ Reposition your headset and align it correctly
- ✓ Correcting lens distance

12.3 Wi-Fi connection not working

Causes

- ✗ Weak signal
- ✗ Wrong password

Solution

- ✓ Move closer to the access point or work with Wi-Fi amplifiers
- ✓ Set up Wi-Fi again and check access data

12.4 Dizziness or malaise

Recommendation

- ✓ Start with short sessions
- ✓ Take regular breaks
- ✓ Headset Properly Fitted

This document has been automatically translated.

12.5 App won't start

Causes

- ❌ Installation incomplete
- ❌ No internet connection
- ❌ Software outdated

Solution

- ✔ Restart
- ✔ Install updates
- ✔ Check Wi-Fi

This document has been automatically translated.

13 Care and maintenance

Regular maintenance extends the life of the Meta Quest 3 and ensures hygienic use in training and education environments.

13.1 Cleaning after use

13.1.1 Case

- ✓ Clean with a dry or slightly damp microfiber cloth.
- ✗ Do not bring the cleaning cloth directly into contact with the lenses
- ✗ Do not use aggressive cleaning agents.
- ✗ Do not apply liquids directly to the device.

13.1.2 Lenses

- ✓ Clean only with a clean microfiber cloth.
- ✗ Do not use paper or tissues.
- ✗ Do not press or rub excessively.

13.1.3 Face pad

- ✓ Clean after each use.
- ✓ Use suitable disinfectant wipes according to the manufacturer's instructions.
- ✓ Allow to dry completely before next use.

13.1.4 Controller

- ✓ Clean surfaces regularly.
- ✓ Keep the battery compartment dry.
- ✗ Do not drop the controller.

13.1.5 Storage

- ✓ Store in a dry and dust-free place.
- ✓ If possible, store headsets in a transport box or cabinet.
- ✗ Do not expose to direct sunlight.
- ✗ Do not store in vehicles or heavily heated rooms.

This document has been automatically translated.

13.2 Regular testing

Check regularly:

☐ Condition of the lenses
☐ Condition of the face pad
☐ USB-C port
☐ Headband and attachments
☐ Controller-Gehäuse
☐ Software-Updates
☐ Battery health

13.3 Classroom Best Practice

- Define a fixed issuance and return process.
- Clean the headset and controller after each training.
- Uniquely number headsets and controllers.
- Document damage immediately.
- Fully charge the devices after each use.

13.4 Meta Help Page

You can also use the following meta help page on this topic:
Care and maintenance of the headset insert for Meta Quest 3 | Quest Help | Meta (en)

This document has been automatically translated.

14 Pre-launch Virtual Labs checklist

Check before the first use:

14.1 Headset

☐ Fully charged
☐ Up-to-date software installed
☐ Wi-Fi connected

14.2 Users

☐ Meta account set up
☐ Hand Tracking Enabled
☐ Pinch gesture successfully tested

14.3 Surroundings

☐ Workspace prepared
☐ Good lighting available
☐ Obstacles removed
☐ Mixed reality area set up

With the successful setup of your Meta Quest 3, you are now ready for the first practical steps in Virtual Labs.
In another manual, we offer you support on the topics of installation, activation of your licenses, as well as the first exercises within the Virtual Labs application.

You can also find more information about Virtual Labs here.

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15 Support and further information

Topic	Link
Get started	https://www.meta.com/de-de/help/quest/1994971530885728/
Quest Setup	https://www.meta.com/help/quest/10004693912934783/
Comfort and fit	https://www.meta.com/help/quest/427255709332571/
Headset laden	https://www.meta.com/help/quest/3482884435359892/
Status-LEDs	https://www.meta.com/help/quest/1032592198165167/
Hand Tracking	https://www.meta.com/help/quest/804044858396824/
Mixed Reality	https://www.meta.com/help/quest/6604317379684494/
Passthrough	https://www.meta.com/help/quest/617966963105359/
Furnishing the room	https://www.meta.com/help/quest/853707093070890/
Meta Support	https://www.meta.com/help/support/

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