

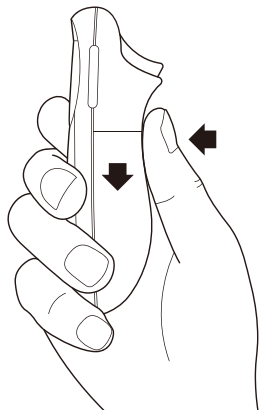
In The Box

VR Headset / Controller / 2 Alkaline Batteries / USB-A to C 2.0 Data Cable / User Guide

Important Health & Safety Notes

- This product is best experienced in a spacious indoor environment. It is recommended to leave an area of at least 2 m x 2 m to use the device. Please ensure you do not feel unwell and that the surrounding environment is safe before use. Avoid accidents especially when you are moving indoors while wearing the headset.
- This product is not recommended for children aged 12 and under. It is recommended to keep headsets, controllers and accessories out of the reach of children. Teenagers aged 13 and over must use it under adult supervision to avoid accidents.
- This product does not acquire myopia adjustment function. Users with myopia should wear glasses while using the headset, and avoid scuffing or scratching the optical lenses of the Headset with the glasses. Protect the optical lenses when using and storing the headset. Avoid sharp objects that could damage the lenses. Clean the lenses with soft microfiber cloths to avoid any scratches, otherwise visual experience will be affected.
- Prolonged use can cause slight dizziness or eye strain. Take a proper rest after every 30 minutes of use. Doing eye exercises or looking at distant objects can relieve eye strain. If you feel any discomfort, please stop using the product immediately.
- When the headset lenses are exposed to direct sunlight or ultraviolet light (especially outdoors, on balconies, windowsills, and when stored in vehicles), it may lead to permanent yellow spot damage on the screen. Please avoid this situation as the product warranty does not cover such screen damage caused by the above situation.
- Do not turn up the volume too much. Otherwise, it may cause hearing damage.
- The headset buttons can perform basic operations of the product. Connect to the controller for a richer and more exciting experience.
- This product supports three preset ranges of Interpupillary Distance (IPD). Please select the lens spacing that fits your IPD. The middle range is set as default as it accommodates most people. People with double vision or strabismus should adjust their lens spacing that lines up with their IPD. Using the device with an unsuitable lens spacing can lead to double vision or eye strain.

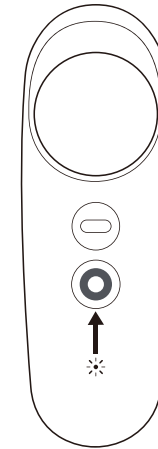
Quick Guide



1

Installing Batteries

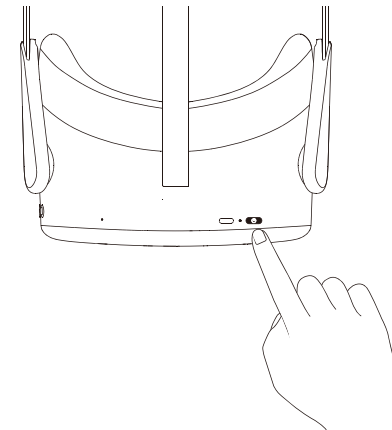
Press the arrow icon with your thumb and slide the cover down.



2

Power on the Controller

Short press the HOME button until the status indicator flashes blue.



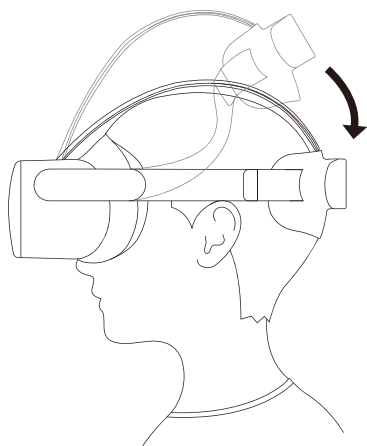
3

Power on the Headset

Long press the headset's POWER button until the status indicator turns blue.

* Product and packaging are updated regularly, and the functions and contents of the standalone headset may be upgraded in the future. Therefore, the content, appearance and functionality listed in this manual and product packaging are subject to change and may not reflect the final product. These instructions are for reference only.

* Carefully read this user guide before using the product and share this information with any other users, as it contains important safety information. Keep the user guide as reference for the future.

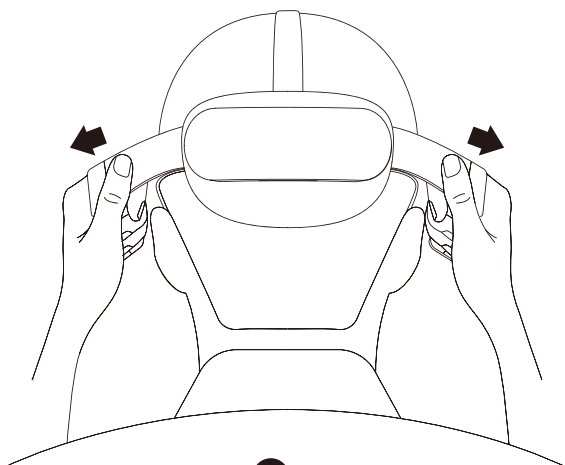


4

Wearing the Headset

Cover your face or eyeglasses with the headset.
Pull down the pad at the back of the head so that the headset fits your head.

Note: Myopic users should put on their prescription glasses while using the headset as this product does not acquire myopia adjustment function.



5

Adjust the headset until it fits comfortably and you have a clear view.

Adjust the length of the side straps and the wearing position until your field of vision is clear.

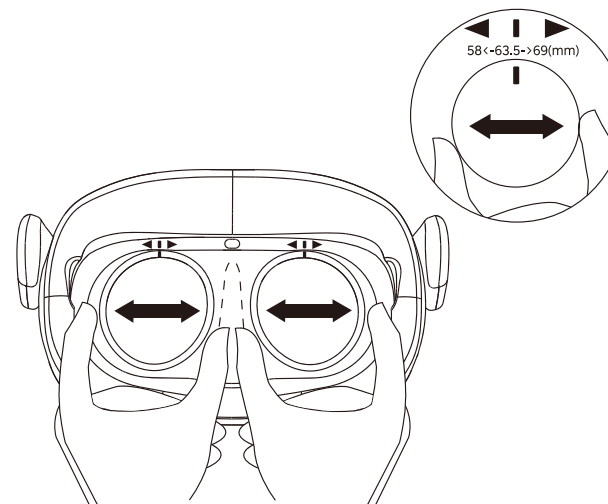
• Interpupillary Distance (IPD) Adjustment

This product supports three preset ranges of Interpupillary Distance (IPD): 58mm, 63.5mm, and 69mm. The middle range is set as default as it accommodates most people. People with double vision or strabismus should adjust their lens spacing that lines up with their IPD.

Look straight at the headset lenses while adjusting. Hold the upper-middle parts of the two lens barrels with both hands to shift them together or apart.

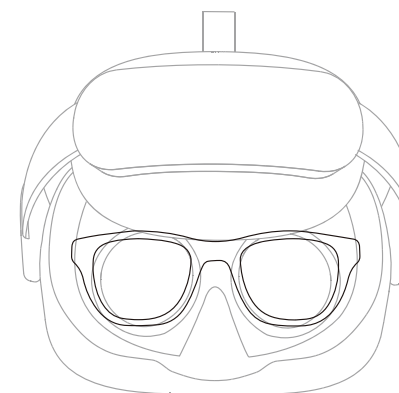
In the figure below, take the right lens barrel as an example, toggle the lenses right or left relative to the scale at the top of the barrel and the white vertical line to adjust the range.

(The scale on the lens barrel is aligned with the white vertical line: 63.5mm; the scale on the lens barrel is to the left of the white vertical line: 58mm; the scale on the lens barrel is to the right of the white vertical line: 69mm).



• Myopic Users

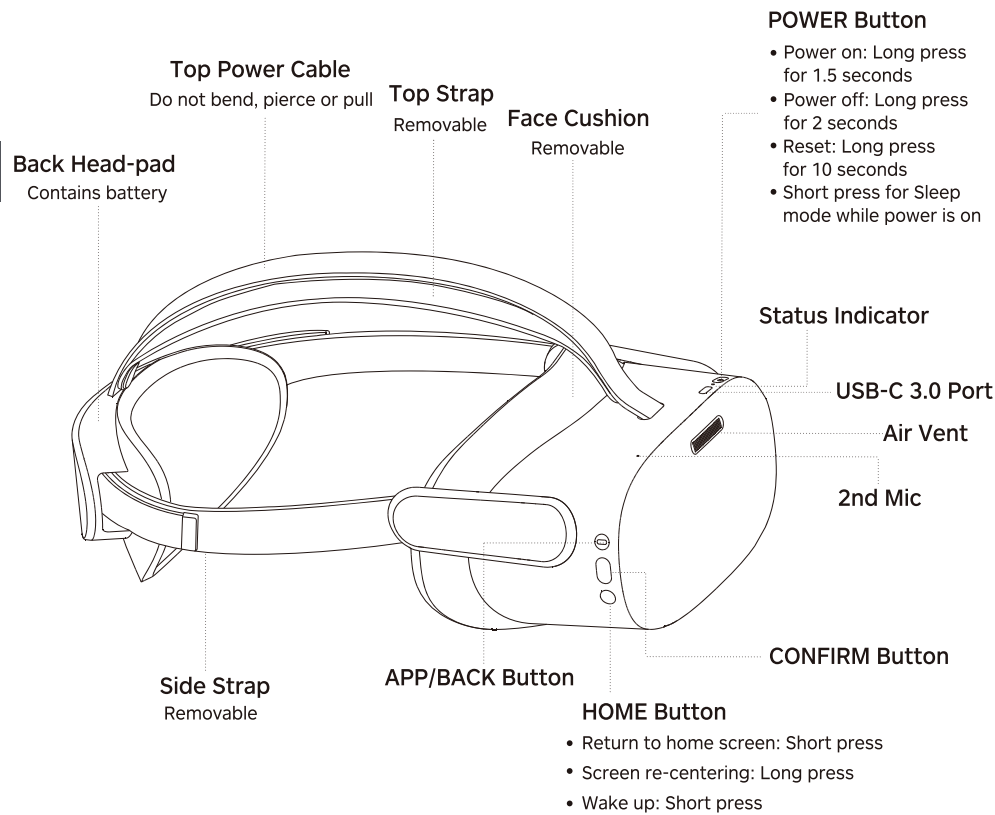
This device does not acquire myopia adjustment function. The headset can, however, accommodate most standard prescription glasses with a frame width of less than 160mm.



Note: Using the device with an unsuitable lens spacing can lead to double vision or eye strain.

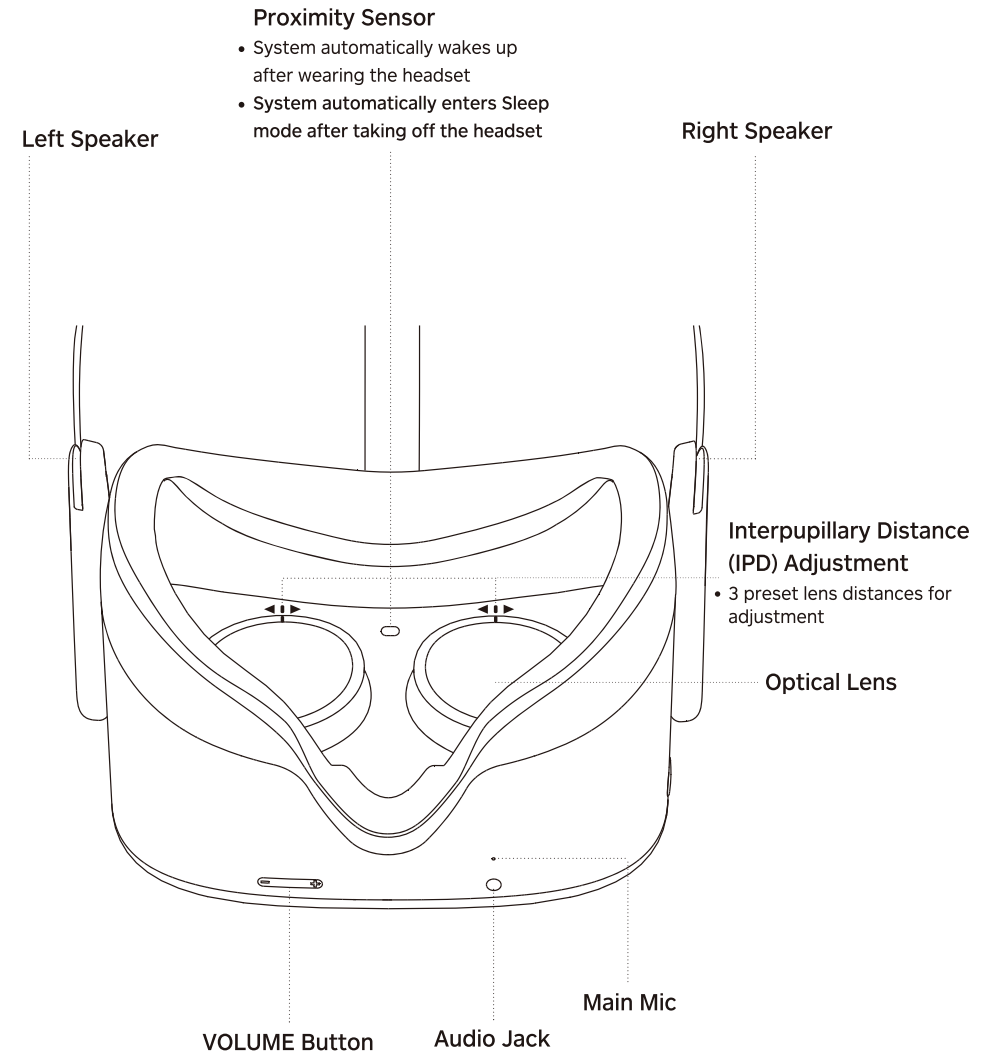
Operating Instructions

EN



Headset Status Indicator

- Blue: Powering on or in work mode
- Yellow: Charging Battery is below 98%
- Red: Charging Battery is below 20%
- Green: Charging completed, power is above 98% or full
- Blue flashing: Shutting down
- Red flashing: Charging Battery is below 20%
- Off: Sleeping or Powered off



Detailed Description

You can control the headset with Controller Operating Mode and Head Operating Mode. The buttons on the controller are identical to the buttons on the headset, except for the trackpad. It is recommended to use the controller to experience a richer and more exciting interaction and content.

If you do not want to use the controller, you can enter Head Operating Mode by following the prompt on the screen and pressing the CONFIRM button on the headset in the following situations:

- Skip the prompt on the screen and enter Head Operating Mode directly after the device is powered on;
- Disconnect the controller by turning off the Bluetooth connection in "Settings" ► "Bluetooth";
- Disconnect the controller by unbinding the controller in "Settings" ► "Controller";
- To bind with the controller again or switch to a new one, go to the main page and turn on headset pairing mode in "Settings" ► "Controller". Press the HOME button + TRIGGER button + trackpad at the same time and hold for 10 seconds, and follow the instructions on the headset screen.
- If you are using a new controller or there is no pairing information of the controller, short press the HOME button on the controller to enter Pairing Mode.

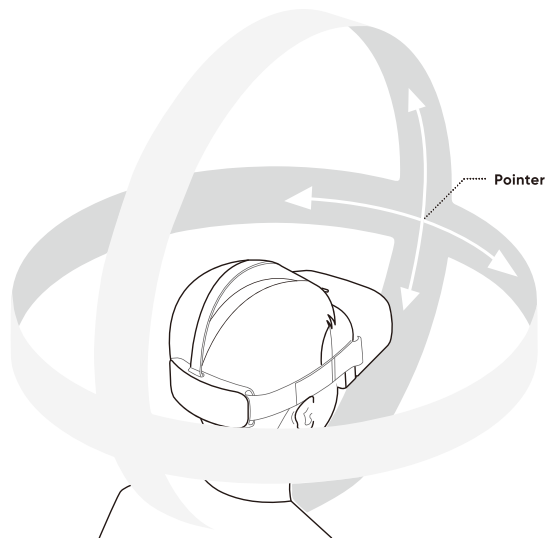
Note: When switching from Controller Operating Mode to Head Operating Mode, the controller will be powered off, and the virtual controller and projection lines will disappear. When switching to Controller Operating Mode, the head pointer will disappear and change into a virtual controller with projection lines.

Head Operating Mode:

Note: The controller does not connect to the headset under Head Operating Mode. Perform the following instructions on the headset.

1. Move the Pointer

Swing the headset to move the pointer at the center of the field of vision.



2. Head Operating Mode

When the controller is not connected, you can turn your head and press the buttons on the headset to operate the device.

3. Screen Re-centering in Head Operating Mode

Look straight ahead while wearing the headset, press the HOME button on the headset for more than 1 second to recenter the screen. Adjust the interface until it is positioned right before you in your field of vision.

4. Headset Volume Adjustment

Pressing the VOLUME button on the headset can increase or decrease the volume. Long pressing it can adjust the volume continuously.

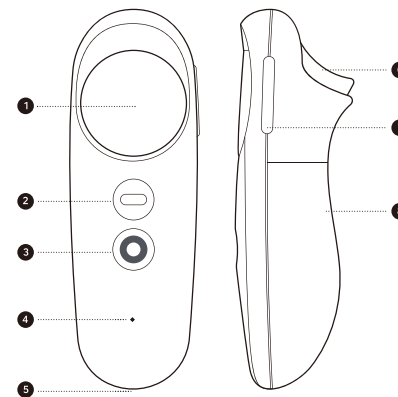
5. Sleep/Wake up

Method 1: After taking off the headset for a while, the system automatically enters Sleep mode. It will wake up automatically when the headset is being put on.

Method 2: Short press the POWER button on the headset to sleep or wake up.

6. Headset Hardware Reset

If issues such as the device does not respond when short pressing the HOME button or POWER button on the headset, or when the screen on the headset is frozen, long press the POWER button and hold for more than 10 seconds to restart the headset.



1. Trackpad
2. APP/BACK Button
3. HOME Button
4. Status Indicator
5. Controller Lanyard Hole
6. TRIGGER Button
7. VOLUME Button
8. Battery Cove

• Status Indicator

Blue flashes slowly (per 0.5 seconds): Pending pairing connection.
Blue is on/off when button is pressed/not pressed: Connected.
Blue flashes quickly (per 0.1 seconds): Low battery power.
Blue flashes slowly (per 1.5 seconds): Firmware upgrade.

• HOME Button

Short press to power on the device.
Short press to return to the home screen.
Long press for 1 second to recenter the screen.

• TRIGGER Button

Confirm and shoot, etc.
Its functions vary in different games and applications.

• VOLUME Button

Short press to adjust the volume.
Long press to adjust continuously.

• APP/BACK Button

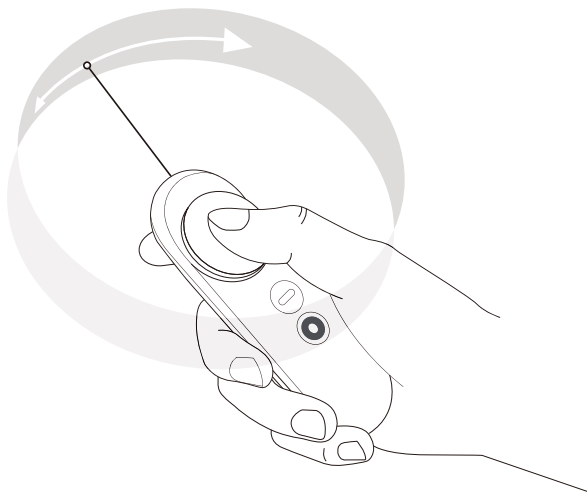
Short press to return or go to Menu.

• Trackpad

Press and hold to confirm.
Touch and slide to turn page.

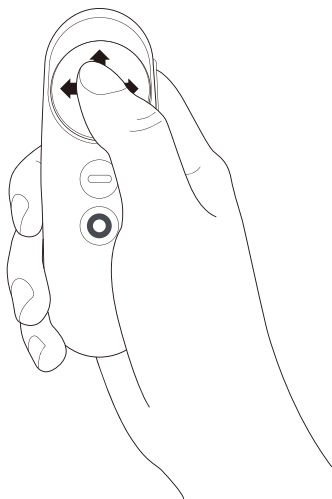
1. Move the Pointer

Swing the controller to move the projection lines of the virtual controller in the field of vision.



2. Confirm, Turn Page

Press any area of the trackpad to confirm. Swipe the trackpad from top to bottom or left to right to turn page.



3. Confirm/Shoot

Short press the TRIGGER button to confirm/shoot. Its functions vary in different games and applications.

4. Back/Menu

Short press the APP button to return/go to Menu.

5. Screen Re-centering and Virtual Controller Centering

Look straight ahead with the headset on, point the controller horizontally right in front of yourself, and press the controller's HOME button for more than 1 second to re-center the screen. Drag the Menu to the facing position in the current field of vision and center the projection lines of the virtual controller.

6. Controller Volume Adjustment

Pressing the VOLUME button on the controller can increase or decrease the volume. Long pressing it can adjust the volume continuously.

7. Changing Dominant Hand

Go to "Settings" ► "Controller" ► "Dominant Hand".

8. Connect to a new controller under Controller Operating Mode (The headset can only be connected to a maximum of one controller)

Unbind the current controller in "Settings" ► "Controller". Then, short press the HOME button of the new controller or the HOME button + TRIGGER button + trackpad of the current controller for 10 seconds. Afterward, follow the instructions on the headset screen.

9. Power off the Controller

You do not need to power off the controller manually. It will power off automatically to save power in the following situations.

- When the headset is in Deep Sleep mode (1 minute after taking off the headset)
- When the headset's Bluetooth is turned off
- When the controller is unbound in the headset's Controller Management interface
- When the headset is powered off

10. Reset and Restart the Controller Hardware

If the controller does not respond when the HOME button and any button is pressed, or when the virtual controller in the headset gets stuck and does not move, please pull out and insert the battery again to restart.

Product Care

This VR headset features replaceable face cushion and straps. The face cushion and straps are available to purchase separately. Please contact customer service, or a PICO authorized service provider or your Sales Representative.

Headset (except the lens, face cushion), controller and accessories care

Please use disinfectant wipe (alcohol-based ingredients allowed) or use a microfiber dry cloth to dip in a small amount of 75% alcohol and gently wipe the surface of the product until the surface is wet and wait at least 5 minutes, then dry the surface with a microfiber dry cloth.

Note: Please avoid water into the product when cleaning.

Lens care

- During use or storage, please pay attention to avoid hard objects touching the lens to avoid lens scratches.
- Use an optical lens micro-fiber cloth to dip in a little water or use a non-alcoholic disinfectant wipes to clean the lenses. (Do not wipe the lenses with alcohol or other harsh or abrasive cleaning solutions as this may lead to damage.)

Face cushion care

Use a sterile wipes (alcohol-based ingredients allowed) or a microfiber dry cloth dipped in a small amount of 75% alcohol to gently wipe the surface and surrounding areas in contact with the skin until the surface is slightly wet and hold for at least five minutes. Then leave to dry before use. (Do not expose directly in sunlight.)

Note: The face cushion will have the following effects after repeated cleaning and disinfection. Moreover, hand washing or machine washing is not recommended, as this will accelerate the occurrence of the following phenomena. Please change a new face cushion if any of the following occur:

- Leather (PU) face cushion : color change, sticky surface hair, decreased facial comfort of face.

Regulatory

After powering on the headset, you can go to “Settings”►“General”►“About”►“Regulatory” on the home page to view the certified supervision product information specific to your region.

⚠ Safety Warnings

Please read the following warnings and information carefully before using the VR Headset and follow all guidelines on safety and operation.

Failure to follow these guidelines may result in physical injuries (including electric shock, fire, and other injuries), property damage, and even death. If you allow others to use this product, you shall be responsible for ensuring that every user understands and follows all safety and operational instructions.

⚠ WARNING Health and Safety Warnings

- Ensure that this product is used in a safe environment. By using this product to view an immersive virtual reality environment, users will not be able to see their physical environment. Move only within the safe area that you set: keep your surroundings in mind. Do not use near stairs, windows, heat sources, or other hazardous areas.
- Only use if you are in good health. Consult a doctor before use if you are pregnant, elderly, or have serious physical, mental, visual, or heart problems.
- A small number of people may experience epilepsy, fainting, severe dizziness, and other symptoms caused by flashes and images, even if they have no such medical history. Consult a doctor before using if you have a similar medical history or have ever experienced any of the symptoms listed above.
- Some people may experience severe dizziness, vomiting, palpitations and even fainting when using VR Headsets, playing ordinary video games, and watching 3D movies. Consult a doctor if you have experienced any of the symptoms listed above.
- This product is not recommended for children aged 12 and under. It is recommended to keep headsets, controllers and accessories out of the reach of children. Teenagers aged 13 and over must use it under adult supervision to avoid accidents.
- Some people may be allergic to plastic, PU, fabric, and other materials used in this product. Long-term contact with skin may result in symptoms such as red-ness, swelling, and inflammation. Stop using the product and consult a doctor if you experience any of the symptoms listed above.
- This product is not meant for extended use over 30 minutes at a time with rest periods of at least 10 minutes between uses. Adjust resting and usage periods if you experience any discomfort.
- If you have a big difference in binocular vision, or a high degree of myopia, or astigmatism or far-sightedness, it is suggested that you wear glasses to correct your eyesight when using VR headset.
- Stop using the product immediately if you experience visual abnormalities (diplopia and sight distortion, eye discomfort or pain, etc.), excessive sweating, nausea, vertigo, palpitations, disorientation, loss of balance, etc or other signs of distress.
- This product provides access to immersive virtual reality experiences some types of content may cause discomfort. Stop using immediately and consult a doctor if the following symptoms occur.
 - Epilepsy seizures, loss of consciousness, convulsions, involuntary movements, dizziness, disorientation, nausea, somnolence, or fatigue.
 - Eye pain or discomfort, eye fatigue, eye twitching, or visual abnormalities (such as illusion, blurred vision, or diplopia).
 - Itchy skin, eczema, swelling, irritation or other discomforts.
 - Excessive sweating, loss of balance, impaired hand-eye coordination, or other similar motion sickness symptoms.

- Do not operate a motor vehicle, operate machinery, or engage in activities that may have potentially serious consequences until you have fully recovered from these symptoms.

⚠ WARNING Electronic Devices

Do not use this product in locations where the use of wireless devices is explicitly prohibited, as this may interfere with other electronic devices or cause other hazards.

⚠ WARNING Impact on Medical Devices

- Please comply with the expressly stated prohibition of the use of wireless equipment in medical and healthcare facilities, and shut down the equipment and its accessories.
- Radio waves generated by this product and its accessories may affect the normal operation of implantable medical devices or personal medical devices, such as pacemakers, cochlear implants, hearing aids, etc. Please consult the medical device manufacturer about the restrictions on the use of this product if you use these medical devices.
- Keep a distance of at least 15cm from the implanted medical devices (such as pacemakers, cochlear implants, etc.) when this product and any accessories are connected. Stop using the headset and/or its accessories if you observe a persistent interference with your medical device.

⚠ WARNING Operating Environment

- Do not use the equipment in dusty, humid, dirty environments, or near strong magnetic fields, in order to internal circuit failure of this product.
- Do not use this equipment during thunderstorms. Thunderstorms may cause product failure and increases the risk of electric shock.
- Operating Temperature: 0-35 °C / 32-104 °F , minimum humidity 5%, maximum humidity 95% RH (non-condensing). Non-Operation (Storage): -20-45°C / -4-113°F , 85% RH.
- Altitude not higher than 2000m (air pressure not less than 80kPa).
- Protect your lenses from light. Keep the product away from direct sunlight or ultraviolet rays, such as windowsills automobile dashboards, or other strong light sources.
- Keep the product and its accessories away from rain or moisture.
- Do not place the product near heat sources or exposed flames, such as electric heaters, microwave ovens, water heaters, stoves, candles or t her places that may generate high temperatures.
- Do not apply excessive pressure to the product during storage or when in use to avoid damage to the equipment and lenses.
- Do not use strong chemicals, cleaning agents, or detergents to clean the product or its accessories, which may cause material changes that affect eye and skin health of the health. Please follow the instructions in “Product Care” to manage the equipment.
- Do not allow children or pets to bite or swallow the product or its accessories.

⚠ WARNING Children's Health

- CHOKING HAZARD: This product may contain small parts. Please place these out of the reach of children or pets and do not leave small children or pets with this product unattended. Children or pets may inadvertently damage the product, swallow small parts, or get entangled with the cable resulting in suffocation or other hazards.

⚠ WARNING Requirements for accessories

- Only accessories approved by the product manufacturer, such as power supplies and data cables, can be used with the product.
- The use of unapproved third-party accessories may cause fire, explosion or other damages.
- The use of unapproved third-party accessories may violate the warranty terms of the product and the relevant regulations of the country where the product is located. For approved accessories, please contact PICO Customer Service Center.

⚠ WARNING Environmental protection

- Dispose of your headset and/or accessories in accordance with local regulations and government advice. Do not dispose of the headset or accessories in the fire or incinerator, as the battery may explode when overheated. Dispose separately from household waste.
- Please comply with the local laws and regulations on the disposal of the batteries and the headset as an electronic device, at designated waste collection points and separately from household waste.

⚠ WARNING Hearing protection

- Do not use high volume for extended periods of time to prevent possible hearing damage.
- When using headphones, use the minimum volume required to avoid hearing damage. Prolonged exposure to high volume may cause permanent hearing damage.

⚠ WARNING Flammable and explosive areas

- Do not use the equipment near fuel stations or hazardous areas containing flammable articles and chemical agents. Follow all graphic or text instructions when in possession of the product around these areas. Operating the product in these hazardous sites poses risk of explosion or fire.
- Do not store or transport the product or its accessories in the same container as flammable liquids, gases, or substances.

⚠ WARNING Transportation safety

- Do not use the product when walking, cycling, driving, or situations that require full visibility.
- Take caution if using the product as a passenger in a motor vehicle, as irregular movement may increase the risk of motion sickness.

⚠ WARNING Charger safety

- Only charging devices provided in the product package or specified as an approved device by the manufacturer should be used.
- When charging is completed, disconnect the charger from the equipment and unplug the charger from the power outlet.
- Do not operate the equipment, charger or cable with wet hands to avoid short circuits, failure, or electric shock.
- Do not use the charger if wet.
- If the charging adapter or cable is damaged, discontinue using to prevent the risk of electric shock or fire.

⚠ WARNING Battery safety**VR Headset**

- VR Headsets are equipped with non-removable internal batteries. Do not attempt to replace the battery, as doing so may cause battery damage, fire, or human injury. The battery can only be replaced by PICO or PICO authorized service providers.
- Do not disassemble or modify the battery, insert foreign objects, or immerse in water or other liquid. Handling the battery as such can cause chemical leakage, overheating, fire, or explosion. If the battery appears to be leaking material, avoid contact with skin or eyes. In case of material contact with skin or eyes, immediately rinse with clear water and seek medical advice.
- Do not drop, squeeze, or puncture the battery. Avoid subjecting the battery to high temperatures or external pressure, which may result in corruption and overheating of the battery.
- Do not connect the metal conductor with the two poles of the battery, or contact the terminal of the battery, so as to avoid short circuit of the battery and physical injury such as burns caused by overheating of the battery.

- Please contact PICO or PICO authorized service providers to replace the battery when the standby time of your device is obviously shorter than the normal time. Replacement of a battery with an incorrect type may defeat a safeguard.

Controller

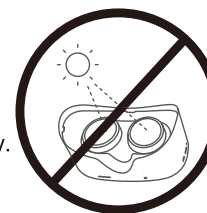
- Your controllers contain AA batteries. Please keep them away from children under 3 and pets.
- Promptly recycle or dispose of used batteries in accordance with all applicable laws and regulations.
- Batteries in controller are replaceable. Do not mix old and new batteries. Replace all batteries of a set at the same time.
- Batteries in controller are 1.5V alkaline AA batteries. Do not charge the battery to avoid battery leak, overheating, fire or explosion.
- Do not drop, squeeze, or puncture the battery. Avoid subjecting the battery to high temperatures or external pressure, which may result in corruption and overheating of the battery.
- In the event of battery leak, in case of material contact with skin or eyes, immediately rinse with clear water and seek medical advice.
- Remove batteries before storage or for long period of non-usage. Exhausted batteries may leak and damage your controller.

⚠ CAUTION VR Product Care

- Do not use your product if any part is broken or damaged.
- Do not attempt to repair any part if your product yourself. Repairs should only be made by an PICO authorized servicer.
- Do not expose your headset and controllers to moisture, high humidity, high concentrations of dust or airborne materials, temperatures outside their operating range or direct sunlight to avoid damage.
- Keep your headset, controllers, charger, cables and accessories away from pets to avoid damage.

⚠ CAUTION No Direction Sunlight on Lense

- Do not expose the optical lenses to direct sunlight or other strong light sources. Exposure to direct sunlight may cause permanent yellow spot damage on the screen. Screen damage caused by sunlight exposure or other strong sources of light is not covered by the warranty.

**Regulatory Information****EU/UK Regulatory Information**

The SAR limit adopted by Europe is 2.0W/kg averaged over 10 grams of tissue. The highest SAR value for this device type when tested at the Head is 0.411 W/kg. Hereby, Qingdao Chuangjian Weilai Technology Co., Ltd. declares that this device (VR All-In-One Headset, Model: A7Q10) complies with the essential requirements and other relevant provisions of Directive 2014/53/EU, as well as the UK Radio Equipment Regulations SI 2017 No. 1206. The full text of EU/UK declaration of conformity is available at the following address:

<https://www.picoxr.com/legal/compliance>

VR Headset:

Frequency Range(BT): 2400-2483.5MHz Max Output Power(BT): 10 dBm Frequency Range(WiFi): 2400-2483.5 MHz, 5150-5350 MHz Indoor use only, 5470-5725 MHz, 5725-5850 MHz Max Output Power(WiFi): 2400-2483.5 MHz: 20 dBm; 5150-5350 MHz: 23 dBm; 5725-5850 MHz: 13.98 dBm

Controller:

Frequency Range (2.4GHz): 2402-2480 MHz Max Output Power: 10 dBm