

## Health and Safety: Immersive Rooms

The team takes extensive measures to minimise risks and mitigate any incidents within the immersive room environment. However, to ensure a safe and enjoyable experience for everyone, we ask that all participants familiarise themselves with essential safety precautions.

### Health Conditions:

- **Photosensitive Conditions and Epilepsy:** Flashing lights and rapid visual effects may trigger seizures in individuals with photosensitivity or epilepsy. Mitigation is taken to reduce the risk of flashing and triggering imagery within the immersive room; however, it cannot be ruled out.
- **Consultation Advice:** If unsure, it is recommended that users with a history of epilepsy or photosensitivity consult with a doctor before engaging in immersive experiences.

### Motion Sickness and Disorientation

- **Breaks for Extended Use:** It is advised that users take breaks after 20-30 minutes, as prolonged use can lead to dizziness, nausea, disorientation and motion sickness.
- **Gradual Adjustment:** New users are recommended to ease into the experience to reduce disorientation risks.

### Prolonged Sessions

- **Limited Screen Time:** It is advised that users remove themselves from the room periodically to avoid eye strain, as the LED panels emit a vibrant and constant light.
- **Seating and Extended Sessions:** It is recommended to use seating to reduce physical fatigue and disorientation during longer experiences. *Seating can be requested and is constantly available at the back of the room.*

### Emotional and Mental Health

- **Content Warning:** Even though content is designed and sourced carefully, it is possible that some users will find specific content intense or disorienting.
- **Emergency Stop:** If a user feels overwhelmed or disorientated within the immersive room, communicate to immediately end the immersive experience

### Precautions

- **Personal Precautions:** We encourage users to be mindful of their own health and limitations, and it is an option to opt out of activities if they feel unwell or unsure.
- **Inform Staff:** It is strongly advised that users notify a staff member of any conditions (e.g., epilepsy, vertigo, or photosensitivity) or levels of anxiety that might affect their experience, so that proper precautions can be taken.
- **Access to Assistance:** Ensure users know whom to approach if they need help or need to exit the experience quickly due to health concerns.

### Equipment Safety

- **Cabling and Connections:** On instances when props are used within the space, users are recommended to move around with caution to avoid trip hazards such as cabling and smaller props.

UWTSD Immersive Rooms are supported by the Digital Experience and Engagement Team -

<https://www.uwtsd.ac.uk/dee> | [dee@uwtsd.ac.uk](mailto:dee@uwtsd.ac.uk)