



Microsoft HoloLens2 Gray GMS-152

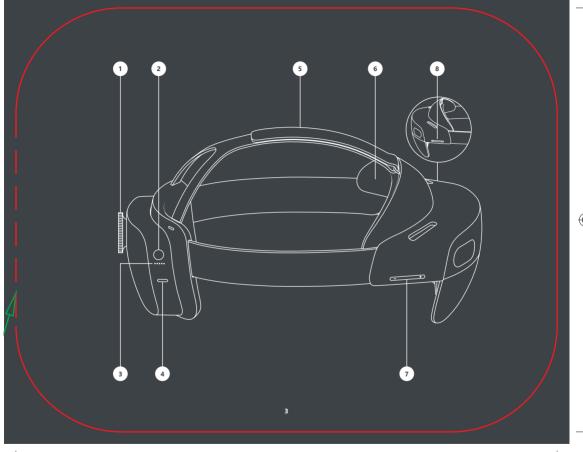






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# Safety and comfort

### Use in safe surroundings

Use your HoloLens 2 in a safe space that's free of obstructions and tripping hazards. Don't use it when you need a clear field of view and your full attention, such as while you're operating a vehicle or doing other potentially hazardous activities.

Before you use HoloLens 2, read the full health and safety information at aka.ms/HoloLens2Safety.

### Stay comfortable

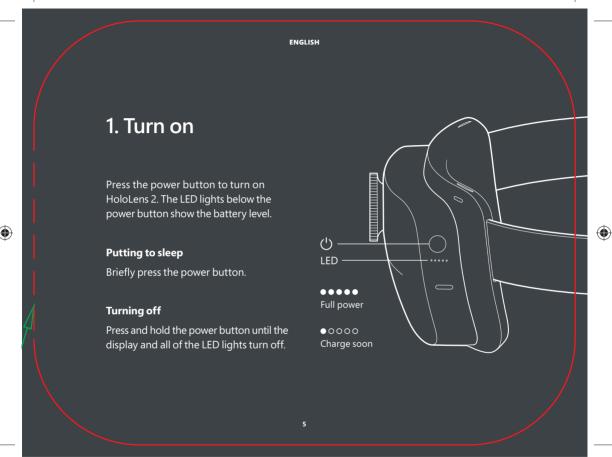
Keep your first few sessions with HoloLens 2 brief, and be sure to take breaks. If you experience discomfort, stop and rest until you feel better. This might include temporary feelings of nausea, motion sickness, dizziness, disorientation, headache, fatigue, eye strain, or dry eyes. See aka.ms/HoloLens2Comfort for more information





Grav GMS-152





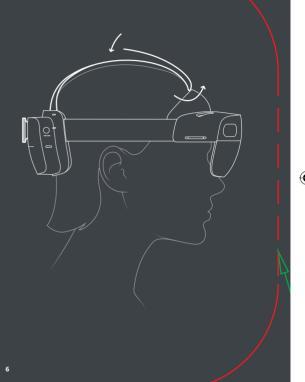


# 2. Put it on

If necessary, extend the headband by turning the adjustment wheel, and then loosen the overhead strap.

Place the device on your head. If you wear glasses, leave them on.

Turn the adjustment wheel to tighten the headband until it fits comfortably. Then, tighten the overhead strap.



Hololens QSG Template.indd 6

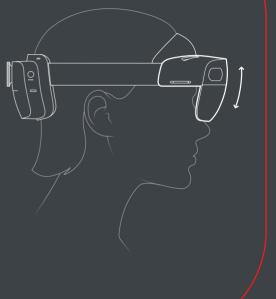


# 3. Adjust your view

Tilt the visor up or down until it's aligned with your eyes and your field of view is as large and clear as possible.

Each user should adjust the fit, brightness, and volume individually.

Now explore the world of mixed reality. For tutorials, open the **Tips** app from the **Start** menu.



Hololens QSG Template.indd 7





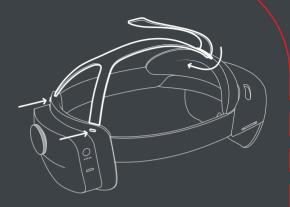
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#### **FNGLISH**

### Overhead strap

The overhead strap isn't required, but it can make wearing HoloLens 2 more comfortable over longer periods of time.

To detach the back of the overhead strap, press the button below each connection tab and pull gently. To replace the strap, push the connection tabs back into the slots until they click.



To detach the front of the overhead strap, unhook the strap and slide it through the retractable loop on the brow pad. To replace it, pull out the loop and slide the strap back through.

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#### FNGLISH

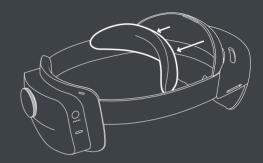
### **Brow pad**

Hololens QSG Template.indd 9

The brow pad is magnetically attached to the device. To detach it, pull gently away. To replace it, snap it back into place.

### Care and cleaning

Remove any dust by gently wiping with a dry lint-free microfiber cloth. Lightly moisten the cloth with a mix of isopropyl alcohol and water, and then gently wipe the surface of the device.



To clean the brow pad, wipe it with a cloth moistened with water and a mild soap. Let it dry completely.







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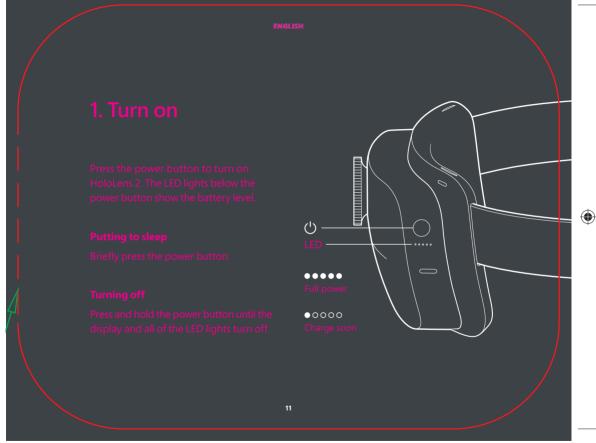
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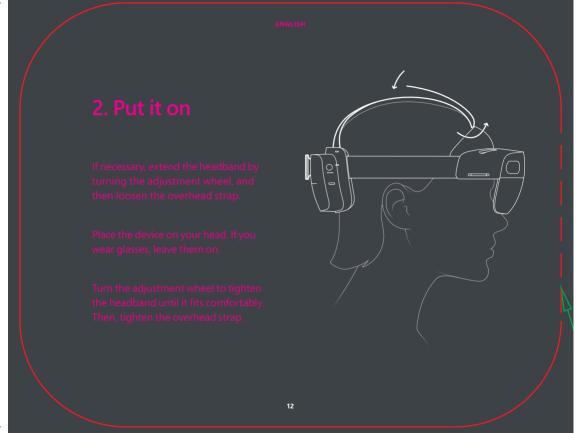




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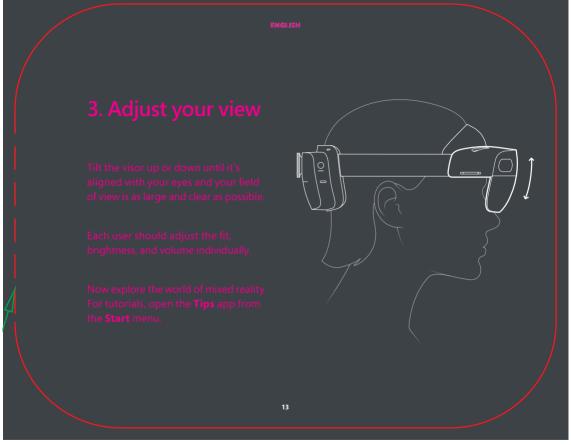


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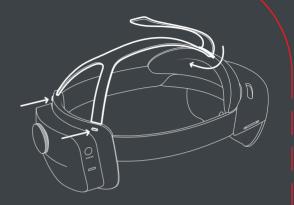




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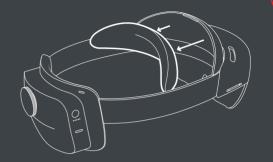
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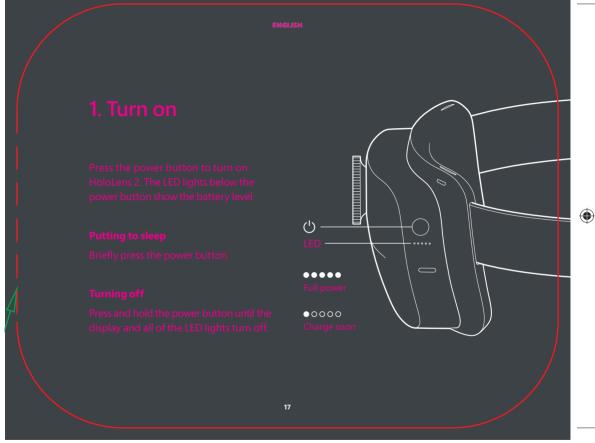
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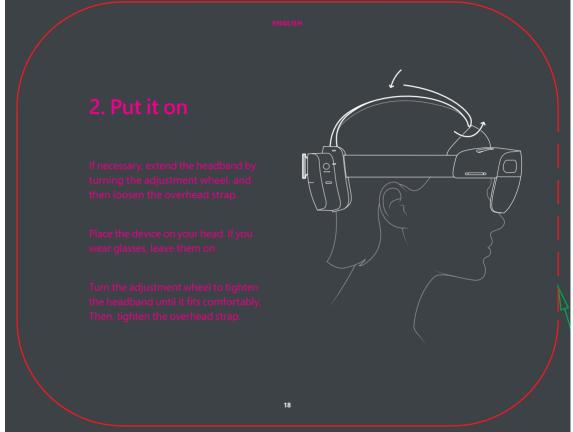








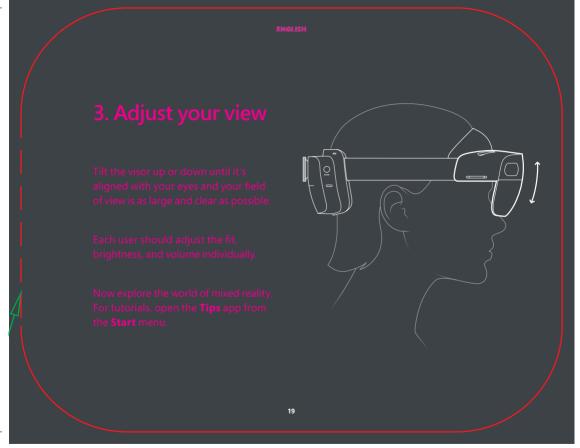












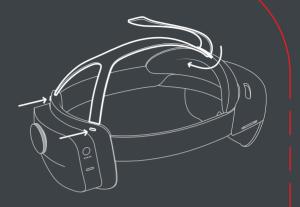




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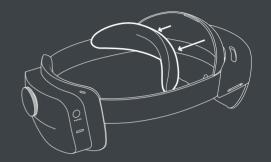


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