

Activity Overview

Students use virtual reality (VR) to explore human body systems in 3D and investigate how the body responds to physical activity. Activities include guided exploration of body systems using Sharecare VR, short physical gameplay using Beat Saber, drawing and annotating observations, and monitoring changes in body response (e.g. heart rate, breathing) during movement.

Hazard Identification & Risk Controls

Hazard	Risk	Risk Level	Control Measures
Use of VR headsets	Dizziness, nausea or disorientation	Medium	<ul style="list-style-type: none"> • Pre-use briefing on VR effects • Students may opt out or stop at any time
Loss of balance while wearing VR	Falls or collisions	Medium	<ul style="list-style-type: none"> • Clear VR play area free of obstacles • Marked boundaries for standing play
Beat Saber physical activity	Overexertion or muscle strain	Medium	<ul style="list-style-type: none"> • Warm-up and pacing encouraged • Short gameplay intervals • Emphasis on safety over performance
Controller use	Hand or wrist strain	Low	<ul style="list-style-type: none"> • Correct grip demonstrated • Encourage relaxed movements
Shared VR equipment	Hygiene concerns	Low	<ul style="list-style-type: none"> • Headsets and controllers wiped between users • Hand hygiene encouraged
Monitoring body responses	Anxiety or discomfort discussing body changes	Low	<ul style="list-style-type: none"> • Framed as observation, not judgement • Students can choose not to share personal data
Trip hazards (cables, equipment)	Slips or falls	Low	<ul style="list-style-type: none"> • Wireless setups used where possible • Cables secured and walkways kept clear
Behaviour during VR use	Unsafe movement or misuse of equipment	Medium	<ul style="list-style-type: none"> • Clear expectations set before VR use • Active supervision at all times

Supervision and Training

Staff / Facilitators:

- Sessions facilitated by trained Casey Tech School staff
- Visiting teachers retain responsibility for student behaviour
- First aid facilities available onsite

Emergency Procedures

- Stop activity immediately if an incident occurs
- Provide first aid as required
- Notify school contact and complete incident documentation

Serious Injury or Emergency:

1. Call emergency services (000 in Australia).
2. Administer first aid.
3. Document the incident.

Equipment Safety & Maintenance

- VR headsets and controllers checked before and after sessions
- Faulty equipment removed from use immediately
- Equipment cleaned and stored according to procedures
- Areas reset between users

Review & Documentation

- After the session, staff to review and log any incidents, near misses, and feedback to improve future risk controls.
- Review risk assessment annually or after any incident.