PURDUE UNIVERSITY

THE DAUCH CENTER

Digital Supply Chain
Manufacturing & Suppy Chain

META QUEST PRO
HANDBOOK

TABLE OF CONTENTS

PURDUE UNIVERSITY

INTRODUCTION
META QUEST PRO

What is the Meta Quest pro?

The Meta Quest Pro is a headset made by Meta Platforms company based on mixed reality technologies and virtual reality applications. It is characterized by face and eye tracking, on-board motion tracking controllers, and high resolution visuals thanks to its pancake lenses.

Some of its functionalities include app exploration through virtual reality, desktop linking and access to the Meta Verse, enabling interconnection with other users.

Meta has come out with a newer version of the headset, Meta Quest 3, replacing the Meta Quest Pro in September 2024.

Meta Quest Pro
Meta

What will I find here?

This is a user manual focused on helping you understand everything you need for using the Meta Quest Pro. In this manual, you will find safety recommendations, Meta Quest Pro parts, headset settings, uses/applications and troubleshooting information.

SAFETY
RECOMMENDATIONS

1

Keep a clear and spacious area to use the Meta Quest Pro.

2

Prevent accidental drops by securing the controllers in your hands.

3

Rest your eyes and body every 30 – 60 minutes to avoid headaches, nausea, or fatigue (adjust according to what suits you).

4

Don't leave the lenses exposed to direct sunlight because it can damage the display.

5

Use the charging dock on a stable, flat surface to prevent falls or overheating.

6

Make sure the headsets are ready to use by adjusting comfort settings, setting the lens-to-eye distance, aligning the lenses, and cleaning them thoroughly.

CARE
INSTRUCTIONS

☑ Keep the electrical charging points clean, dry, and free of debris.

☑ Clean the front cover and the lens only with a dry microfiber cloth. Don't use any liquids, including cleansers or soaps.

☑ For the rest of the headset, you can use non-alcohol, non-abrasive antibacterial wipes.

☑ Using any liquids, including cleansers or soaps, could permanently damage the front cover screen and the lenses.

META QUEST PRO
PARTS

MAIN PARTS

Meta Quest Pro Touch Controllers

Meta Quest Pro Headset

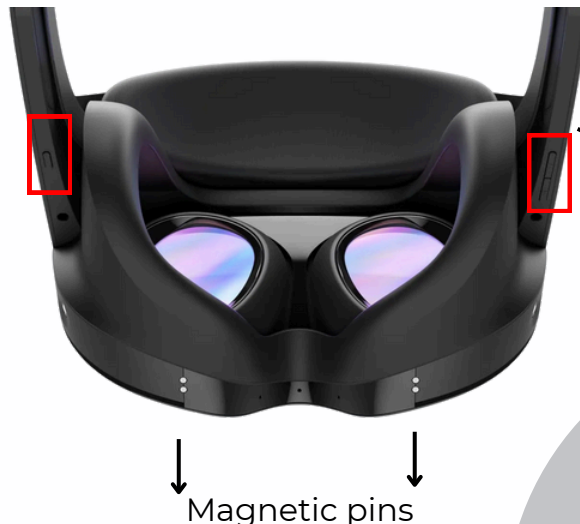**Meta Quest Pro Charging Station**

OTHER PARTS

In addition to the headset, controllers, and charging station, the Meta Quest Pro includes other components such as magnetic light blockers, a stylus tip for the controllers, and optional accessories like facial interface kits and carrying cases that enhance comfort, functionality, and portability.

HEADSET
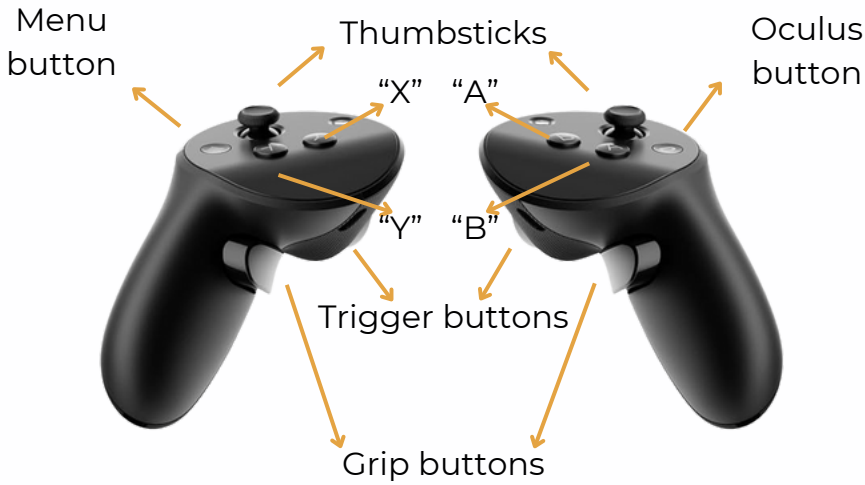
Power Button

Volume buttons

The Meta Quest Pro headset features a slim, curved design with front-facing sensors, pancake lenses, adjustable strap, rear battery, and built-in speakers. It has three buttons and the connection points are located in the lower area.

Magnetic pins

07

Menu button

Thumbsticks

Oculus button

"X"   "A"

"Y"   "B"

Trigger buttons
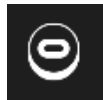
Grip buttons

CONTROLLERS

The Meta Quest Touch Pro controllers feature joysticks, action buttons, grip and trigger inputs, plus capacitive sensors and haptics, offering precise, immersive control with rechargeable batteries and optional stylus tips.

BUTTONS

Below is a list of some of the most common uses for the Meta Quest Pro controller buttons.

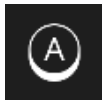**Thumbsticks:** Move and navigate through virtual environments.

Grip button: Grab objects or form a fist when using virtual hands.

Oculus button: Open the universal menu. Press and hold to recenter your headset view.

Menu button: Access in-app menus or options.

Trigger, A, and X buttons: Select or interact with objects in your environment.

B and Y buttons: Return to the previous screen or menu.

Note: Apps may customize how you interact with virtual environments, so the way you use the controllers may change based on the app or game you're using.

CHARGING STATION

The Meta Quest Touch Pro charging station is able to charge both headset and controllers simultaneously while they are not being used. It works with magnetic connectors and USB-C input for convenient, organized, and efficient recharging.

Complementary charging items

Note: The Dauch Center has six (6) Meta Quest Pro named by letters from A to H in alphabetical order.

Be attentive to avoid mixing controllers with incorrect headsets. Also, connect all of them the charger once you stop using the device.
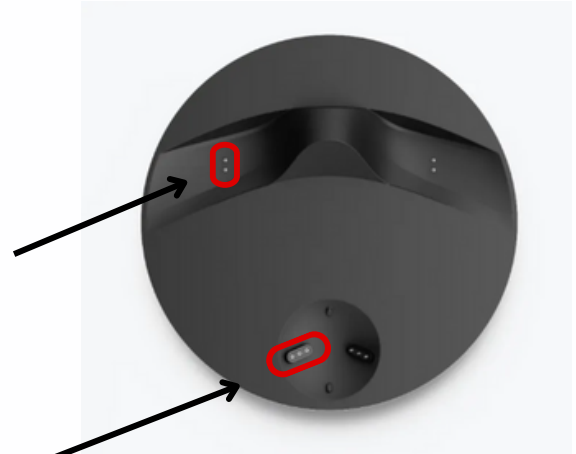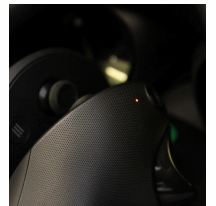
USER GUIDE

USER
GUIDE

☑ Charging the device:

Set the headset on the dock by aligning the magnetic pins underneath the headset lens with the upper pins on the dock. When correctly placed, you'll feel a buzz, hear a confirmation audio chime and the charging light turned on.

Place the controllers onto the charging dock by aligning the magnetic pins on the side of the controller with the lower pins of the dock. You'll feel a buzz as well as the charging light turned on when they are properly docked.

Note: The LED status lights on the side will turn solid amber while charging and change to solid green when fully charged.

Power On: ☑

Press and hold the power button on the headset until it turns on.

☑ Putting on and adjusting the headset:

Rear pad

1. Place the front pad on your forehead and the rear pad on the back of your head.
2. Tighten using the rear fit wheel until snug - not too tight.
3. Adjust the headset up/down or side-to-side so your eyes are centered with the display.
4. Use the depth adjustment wheel on the front of the headset to change the distance of the lenses from the eyes.
5. It is also possible to adjust the lens spacing, gently moving them to the sides with the fingers.

11

Front pad

USER
GUIDE

CONTROLLERS

The controllers are like natural extensions of your hands in VR. They are designed to let you interact with virtual objects and navigate menus.

- Securely attach your controllers to your wrist using the adjustable straps.

- To turn on the controllers, press the menu button on the left controller and the Oculus button on the right controller, after two seconds you'll see a blinking white LED light indicating the controller is ready to use.

Method 1: How to pair the controllers
For this procedure, you need to use the Meta Horizon mobile app.

1. First of all, ensure your headset is on. Then, open the Meta horizon app on the phone or tablet. (iPad lab password - 307543)
2. Tap **Menu** at the top of the Horizon Feed, then **Devices**.
3. Select the headset you want to pair controllers with.
4. Select **Headset settings** > **Controllers** > **Pair new controller.**
5. Choose which controller you want to pair.
6. On the right controller, press and hold the **Oculus button** and **B button**; on the left controller, press and hold the **Menu button** and **Y button**. Keep holding until the controller LED blinks and then lights up to confirm pairing.

Method 2: How to pair the controllers

1. Open the settings app on your Meta Quest Pro
2. Go to **devices** > **Controllers** > **Pair new controller**

META HORIZON WORKROOMS

METAVERSE
HORIZON WORKROOMS

The Meta Quest Pro facilitates immersive meetings within virtual environments like Horizon Workrooms, allowing users to connect, collaborate, and share ideas as if they were in the same room.
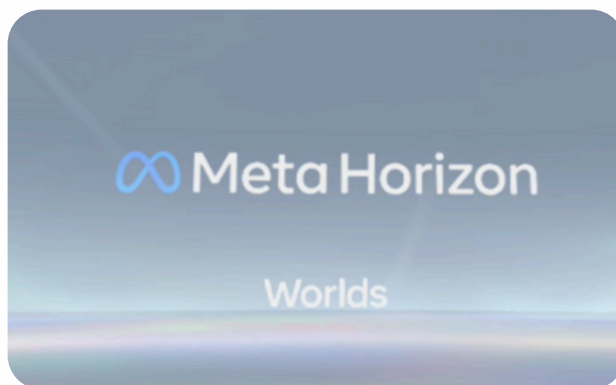
Considerations:

☑ Workrooms are free.

☑ Meetings in Workrooms support up to 50 total participants at once, with up to 16 of those participants joining from VR.

☑ To join a Workrooms meeting in VR, you need a Meta Quest 2, Meta Quest Pro or Meta Quest 3 headset. You can also join a Workrooms meeting from a regular video call from your computer.
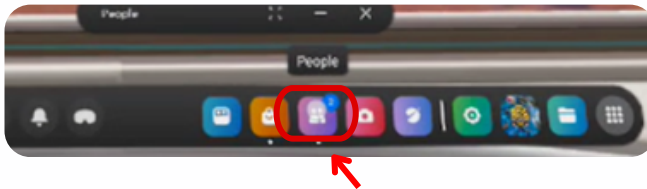
METAVERSE
HOW TO CALL

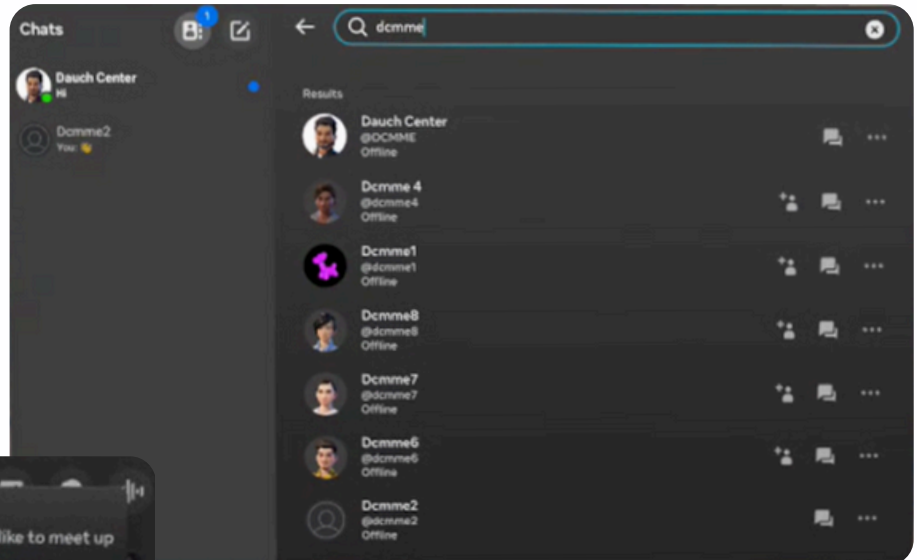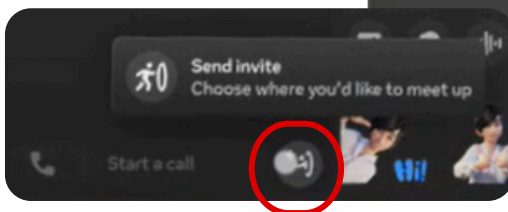☑ Access the Universal Menu by pressing the Oculus Button.

Tap on the People app. ☑
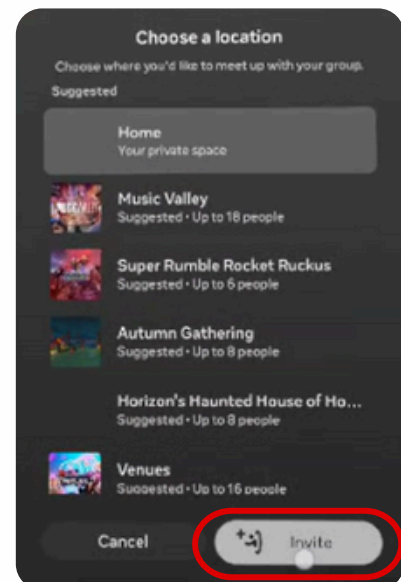
☑ Search for the contact or group you want to call.

☑ Select Send invite, which appears below and next to start a call option.

☑ A window will appear prompting you to Choose a location - either your private space or one of the available Horizon Worlds.

☑ Once the other person (or people) accepts the invitation, they will join you in the selected metaverse space, and the call will begin.
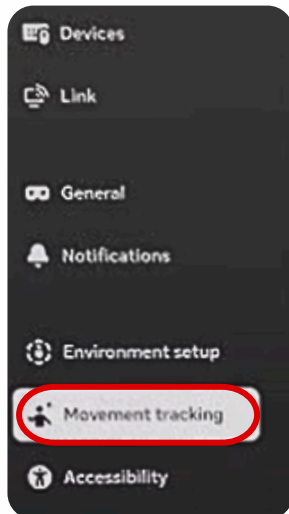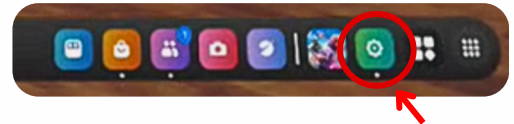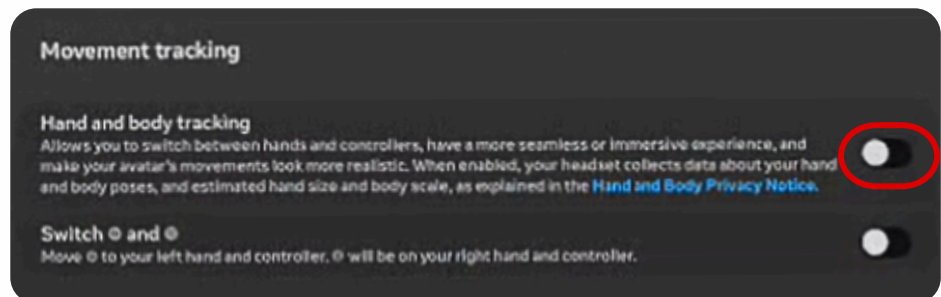
OTHER SETTINGS
HAND AND BODY TRACKING

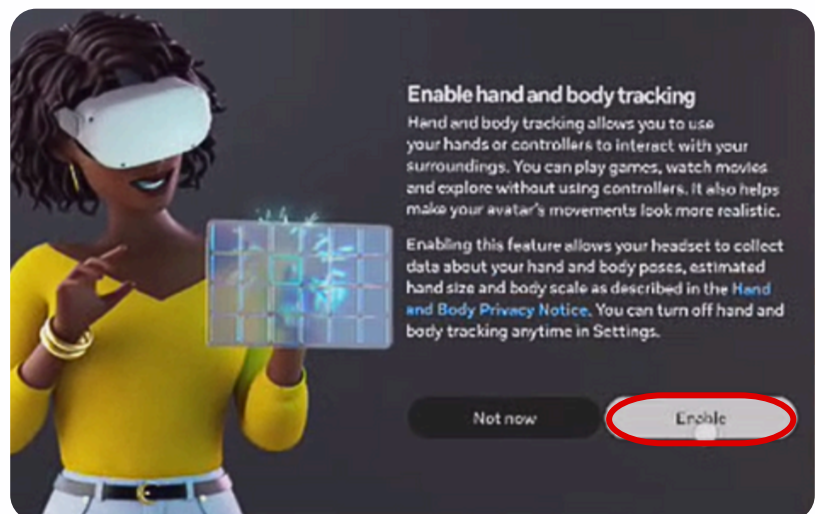☑ Open the Universal Menu (Oculus button) and select **Settings.**

From the settings options select **Movement Tracking** and toggle **Hand and body tracking** to On. ☑

☑ Select **Enable**. Then, follow the on-screen instructions to complete setup and learn how to use this mode effectively.

Note: Your hands should be visible to the headset's cameras

TROUBLESHOOTING

☑ Controller not pairing

For this procedure, you need to use the Meta Horizon mobile app.

1. Ensure that the controller is charged for 60+ minutes.
2. After charging, use the mobile app to unpair the controller from the headset.
3. Restart your Meta Quest headset by turning it off and leaving it off for 5+ minutes.
4. Power the headset back on, and use the mobile app to pair the controllers to the headset once again.

☑ Controller factory reset

1. Right Controller: Hold A and Oculus buttons until the LED light begins flashing red/white.
2. Left Controller: Hold X and Menu buttons until the LED light begins flashing red/white.
3. Release the buttons immediately after the LED light begins blinking red/white.
4. Perform a manual pairing and check if controller LED light would flash blue and white to signal pairing state.
5. Once paired, controllers may take a while to update and stay unresponsive until they finish, and LED light would be purple during the update.

TROUBLESHOOTING

☑ **Reset the headset**

1. Hold down the power button for at least three seconds until the power-off menu appears.
2. Select the reset option.

☑ **Reboot the headset if the headset is not responding**

1. Press and hold the power button for at least 30 seconds.
2. Wait 30 seconds.
3. If your headset doesn't automatically turn back on, press the power button until your headset turns back on.

☑ **Resetting your Meta Quest Pro to factory reset**

1. Turn off the headset:
   a. Long press the power button until the power-off menu appears, then select the option to turn it off completely.
   b. If the headset is not responding, press the power button for 30 seconds until the screen turns off completely and the Meta Quest logo appears. After that, try step 1. again.
2. Hold the power and volume (-) button on your headset down simultaneously until the boot screen loads on your headset.
3. Use the volume buttons on your headset to highlight Factory Reset and press the power button.
4. When the headset turns on, follow all the steps of configuration that appears on the screen of the headset.

REFERENCES
META QUEST PRO SOURCES

If you want to go deeper into Meta Quest Pro, the following resources will be helpful:

Meta Quest Pro health & safety
Manual & Guides https://www.meta.com/quest/safety-center/quest-pro/

Meta Quest Pro for Business
Overview https://forwork.meta.com/quest/quest-pro/

Meta Quest Pro - Quickstart Guide
Overview https://vr-expert.com/wp-content/uploads/2023/05/Meta-Quest-Pro-Quickstart-Guide.pdf

Meta Quest Pro - Meta Horizon Workrooms

Overview https://vr-expert.com/wp-content/uploads/2023/05/Meta-Quest-Pro-Quickstart-Guide.pdf