



## Get started with EVRT First Aid

What do I need to get EVRT First Aid started?

- Oculus Quest 2 VR glasses
- WiFi without firewalls (eg hotspot/wireless router)
- The EVRT First Aid app
- First aid doll, sofa cushions or anything like that, who can pretend to be the patient
- A lighted room (not directly sunlight because it can interrupt the camera)
- Rolled up sleeves or bare arms
- 3x3 m2 area on the floor to move around freely

Wath the videos below and get started:

[Introduction to EVRT First Aid](#)

[Make a guardian](#)

[Create an account and login](#)

[Play and rewatch your session](#)

[Using the VR glasses without controllers](#)