1. **Demonstrate** to students what the headset looks like, how it adjusts, and how to hold and use controllers. They may be able to fit the equipment themselves after one or two demonstrations.

2. **Ask** if the student would like help putting on, taking off or adjusting equipment *before* assisting them e.g. ‘Do you need help in adjusting the headset?’ or ‘You are getting too close to the wall. Is it okay if I put my hand on your shoulder and guide you to a safe area?’

3. **Talk Aloud** to explain what you are doing while assisting students e.g. ‘I am now going to adjust your headset. Is that okay?’ or ‘My hand is on your right shoulder, can you take a step in that direction so that you are safe to continue in VR?’