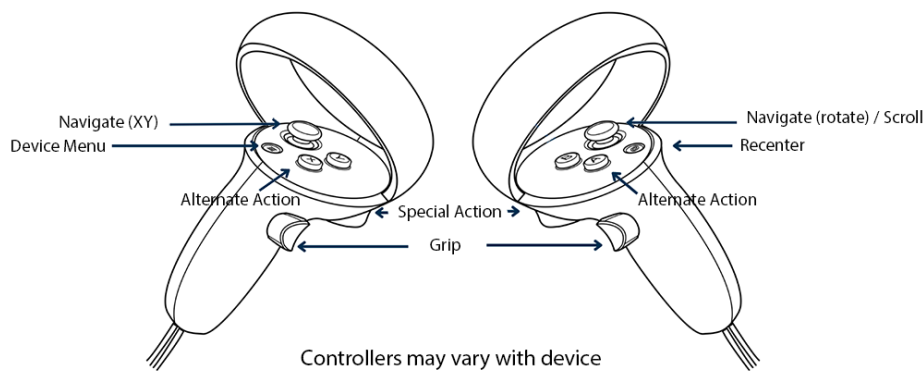




Rapid Reference Document for Proteus Labs Controls and Actions

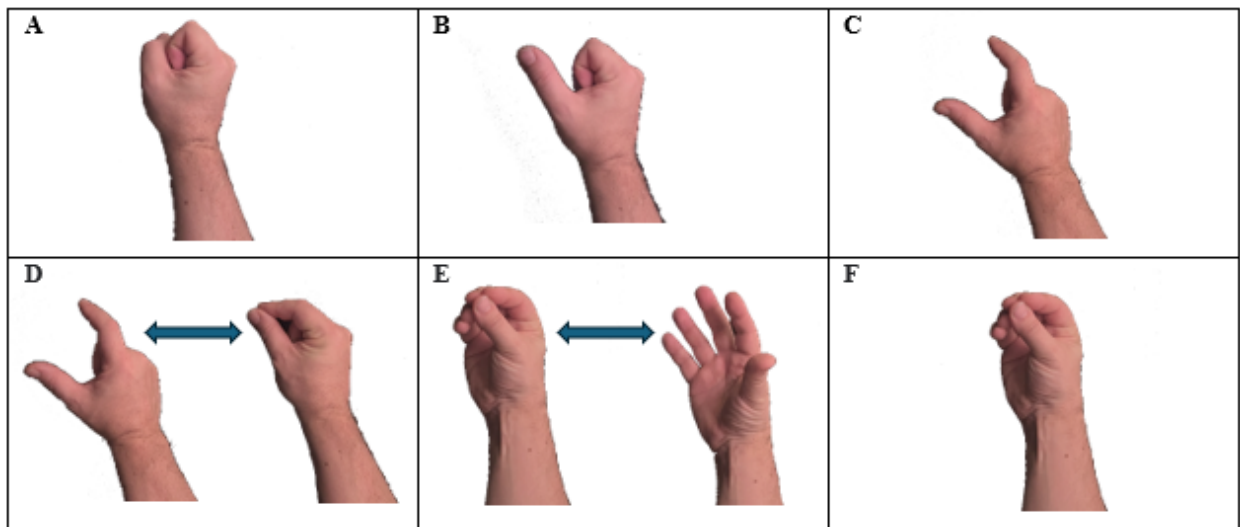
2-Controllers Mode (Meta Quest 2-3-3s-Pro, Pico 3-4) - watch [video tutorial](#)

- **Grip:** Grab objects using the hand trigger.
- **SPECIAL ACTION:** Perform context-sensitive actions using the index trigger.
- **Open device Menu:** Open the Meta or Pico System Menu with one push of the Menu Button (left controller).
- **Recenter:** Recenter position in space by keeping the Meta/Pico Button pressed (right controller).
- **Alternate Action:** Alternate between push and pull (ex. syringe) using the A (right) or X (left) Buttons.
- **Scroll the virtual tablet:** By using your hands directly on the tablet or using the right thumb stick up/down on the controller.
- **Reposition the lab:** you can reposition the lab by clicking on the right thumb stick which will make a blue sphere appear in front of the main virtual desk. Grab the blue sphere to reposition the lab as desired.
- **Navigate in the lab:** Although not recommended (it can induce motion sickness), you can navigate in the lab with the left thumb stick (XY plane) and rotate with the right thumb stick.



Hand Tracking Mode (only with Meta Quest 2, 3, 3s, Pro) – watch [video tutorial](#)

- **Grip (A, B, or C will work):** Grasp objects by forming a fist with your pinky, ring, and middle fingers. You can make a fist, but the index finger and thumb could be used for a **SPECIAL ACTION**.
- **SPECIAL ACTION (D):** Activate different actions by pinching the index and the thumb, while grabbing the interactive object.
- **Open device menu(E):** Open the Meta System Menu by pinching your index finger and thumb together while your hand faces the headset and then opening the hand.
- **Recenter (F):** Recenter position in space by pinching your index finger and thumb together for 3 seconds.
- **Scroll the tablet:** By using your hands directly on the tablet.





1-Controller Mode with Pointer (Pico G2, G3)

- **Grip:** Grab objects using the Trigger.
- **Move grabbed object in space:** Slide your finger on the Touchpad.
- **SPECIAL ACTION:** Perform context-sensitive actions using the Touchpad Button.
- **Change view:** Switch between front and side tab using the Back Button.
- **Select highlighted button in the tablet:** Select using the Trigger.
- **Open device Menu:** Open the Pico System Menu with one push of the Home Button.
- **Alternate Action:** Alternate between push and pull (ex. syringe) using the Back Button.
- **Scroll the tablet:** By sliding up and down your finger on the Touchpad.

Summary Table of Proteus Labs Inputs

	2-Controllers mode	Hand Tracking	1-Controller Mode
Grip	Hand Trigger	Make a fist	Trigger
Special Action	Index Trigger	Pinch Index and Thumb	Touchpad Button
Alternate Action	A or X Button		Back Button
Scroll Tablet	Right Thumb stick Up/Down		Touchpad slide up/down
Navigate	Left and Right Thumb sticks		
Move grabbed object			Touchpad slide all directions
Device Menu	Menu Button	pinching your index finger and thumb together while your hand faces the headset and then opening the hand	Home Button
Recenter	Meta/Pico Button	pinching your index finger and thumb together for 3 seconds	
Change View			Back Button

Adjusting the lab bench & virtual tablet position

- **Adjusting the lab bench position:** When launching a laboratory, you'll find in front of you a blue sphere. Grab it to replace the lab bench at the desired height and location. At any time, you can have the blue sphere re-appear by clicking on the right thumb stick. Then grab the blue sphere to reposition the lab as desired.
- **Adjusting the position of the virtual tablet:** Simply grab the stick at the bottom of the virtual tablet and place it at the most convenient location for you. Watch [this video](#) to learn more about the virtual tablet features.

Rotating buttons

- The following devices have rotating buttons: hotplate, microscope, power supply, and incubator. To adjust the button, grab it then rotate the controller or the hand.



Tricky Instruments and Containers

Spatulas, Tweezers, and Ice tongs / Lighter / Washing Bottle

To open and close tweezers and tongs, use **SPECIAL ACTION** command.

To turn on the lighter or squeeze the washing bottle, use **SPECIAL ACTION** command.

Lab Stand and Clamps

Attach clamps to the stand to complete a montage. You can click on the red arrow on the top to rotate the empty clamps to attain the desired setup.

Syringe

Hand Tracking: Grab the syringe with one hand, and with the other hand put your finger on the up or down arrow to pull or push

Controllers: Use **SPECIAL ACTION** command to push or pull and **press X** (left) or **A** (right) controller buttons to alternate between push and pull.

Stirring / Shaking liquids

- Use glass stirrer
- Shake capped containers
- Use a magnetic agitator with the hotplate

Note: Test tubes and Erlenmeyer flasks require caps before shaking.

Pipette and Dropper

To use, use **SPECIAL ACTION** command. Liquid will flow in increments of 1 drop - 0.05mL (dropper) or 1mL (pipette).

Burette

To prepare the burette: Fill the gas burette with water, then block its opening by doing the **SPECIAL ACTION** command and keep the index and the thumb pinched. You can then hold the burette upside down and plunge it into a water container. Once secured with clamps and in the container filled with water, you can open your fingers and ungrab.

Lab Protection

Wearing and removal are done by grabbing the gloves (nitrile and heat protection), protective glasses, and lab coat, or their empty location (for removal)