

VR Treadmill Safety & Procedure Checklist

Has the participant been pre-screened for appropriate mobility and balance?

Yes No

Confirm the participant has no known balance impairments, dizziness issues, musculoskeletal limitations, or conditions that may increase fall risk.

Has the participant completed the 1–2-minute familiarisation session?

Yes No

Participant should try standing, walking, and turning in VR to ensure comfort before the formal session begins.

Has the participant been instructed to stop immediately if they feel uneasy or unwell?

Yes No

Ensure they know how to signal discomfort verbally and/or physically to the researcher.

Has a cooling-down period or break been given after the last treadmill run?

Yes No

Participants should rest for at least 1–2 minutes before continuing or leaving the session.

Have the VR headset, controllers, and treadmill rails been cleaned with approved safe cleaning materials?

Yes No

Use non-abrasive, alcohol-safe wipes suitable for electronic and silicone equipment; avoid liquids near sensors.

Has the researcher conducted the full treadmill safety check before use?

Yes No

Confirm treadmill power, belt movement, emergency stop function, harness or safety rails, calibration, and firmware status.

Is the treadmill free of faults or irregularities?

Yes No

If any strange noises, uneven belt movement, warning messages, or hardware issues appear, immediately stop all activity, document the issue, and contact the manufacturer before continued use.

Is the area clear of trailing cables, clutter, and trip hazards?

Yes No

Ensure cable management is secure, floor space is unobstructed, and no loose objects are within the treadmill operating area.