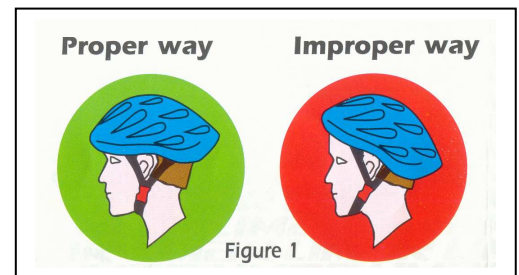


How to fit and wear your helmet properly

To be effective, a helmet must fit and be worn correctly. To check for correct fit, place helmet on head and make any adjustments indicated. Securely fasten retention system.

Grasp the helmet and try to rotate it to the front and rear. A correctly fitted helmet should be comfortable and should not move forward to obscure vision or rearward to expose the forehead.

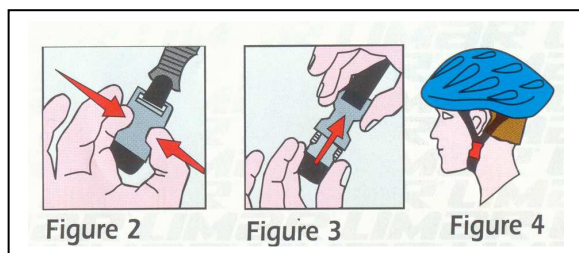
See figure 1 for the proper way to fit and wear a helmet.



How to adjust the chin strap

The helmet is designed to be retained by a strap under the lower jaw. If your straps are not adjusted right, your helmet won't stay on properly.

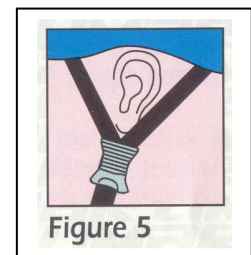
Always wear the helmet with the chin strap buckle fastened and the strap pulled tight. Make sure the strap is well back toward the throat, not on the point of the chin. Straps worn on the point of the chin increase the chance of the helmet coming off in an accident.



Figures 2 and 3 show you how to fasten and release the buckle. Figure 4 shows proper placement of the chin strap.

How to adjust the strap

Adjust the position of the side loops allowing the straps to run through so they position themselves underneath the earlobes. See figure 5 for reference.



Checking the fit and adjustments

Before using the helmet, make sure it fits correctly, the straps are properly adjusted and the chin strap is tight enough.

Put the helmet on in the correct position. Ensure that the helmet does not fall too far in front of the forehead or too far behind. When the strap method is correctly adjusted, move the helmet backwards and forwards. It should not topple off your head.

IF YOUR HELMET MOVES TOO FAR BACKWARDS, TIGHTEN THE STRAPS IN FRONT. IF IT MOVES TOO FAR FORWARDS, TIGHTEN THE STRAPS BEHIND.

Warnings

1. No helmet can protect the wearer against all possible impacts. Therefore, wear it each time you ride a bicycle. Even a very low speed accident can result in a serious head injury.
2. Do not alter or remove any component of your helmet.
3. A cap should NOT be worn under a helmet for two good reasons: 1. There is usually a button and thick seams in the cap, which could cause brain damage in an accident if they penetrate or cause pressure on the head. The inside of a helmet is designed to be smooth; 2. The peak of the cap can force the helmet to move back off the head in an accident leaving the forehead unprotected, or even worse, as the cap is reinforced it can penetrate the head causing brain damage in an accident.
4. The helmet is designed to absorb shock by partial destruction of the shell and liner. Damage may not always be visible. Therefore, if subjected to a severe blow, the helmet should be destroyed and replaced even if it appears undamaged.
5. A helmet has a limited life span in use and should be replaced when it shows obvious signs of wear.