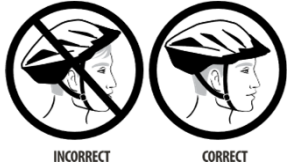


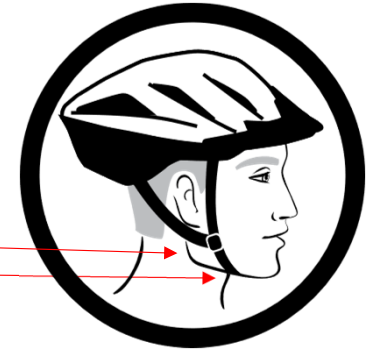
Helmet Fitting Instructions

To protect your head in an accident, a helmet must fit and be worn correctly



HELMET CHECKLIST

- Make sure that your helmet has an Australian Standards sticker on the inside (Like the 5 ticks Standards logo). 
- Choose a helmet size that fits snugly on the head.
- Slide the side adjusters up or down the straps so that they sit just under each ear 
- After firmly closing the buckle with a click, adjust the straps so that the buckle is positioned centrally under the jaw. 
- Adjust retention system as required, then grasp the helmet trying 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.



INSTRUCTIONS FOR HELMET USE AND CARE

- Please read all provided helmet instructions carefully before using your new helmet
- No helmet can protect the wearer against all possible impacts.
- Bicycle helmets are designed to absorb shock by partial destruction of the shell and liner. This damage may not be visible. Therefore, if subjected to a severe blow, the helmet should be destroyed and replaced even if it appears undamaged.
- A helmet is designed to be retained by a strap under the lower jaw.
- A bicycle helmet is designed to be used for activities such as cycling, skateboarding, roller-skating, and scooters.
- No attachments or modifications should be made to a helmet except those recommended by the helmet manufacturer.
- Helmets should not be used by children while climbing or doing other activities where there is a risk of hanging or strangulation if the child gets trapped whilst wearing the helmet.

HELMET CLEANING

A helmet can be damaged and rendered ineffective by petroleum and petroleum products, cleaning agents, paints, adhesives etc. without damage being visible to the user. Clean only with mild soap and water, rinse with clean water. Do not dry in front of heaters.

HELMET SUN EXPOSURE

When not in use, avoid leaving helmets sitting in the sun or enclosed spaces such as cars, for prolonged periods of time. Heat damaged helmets will have random disfigured areas where the texture will appear bubbly or uneven.

HELMET LIFESPAN / DAMAGE

A helmet has a limited lifespan in use and should be replaced when it shows obvious signs of wear. If damaged, your helmet should be destroyed and replaced immediately. It is recommended you update to a new helmet every 3 years.

