

HOW TO PUT ON A HELMET



The helmet should cover and protect the scruff, the temples and the forehead both. If the helmet tilts back and exposes your forehead, it's not going to protect you. The helmet should sit level on your head, and the rim of the helmet shall be about two finger width above the eyes.

1

Using the retention cradle adjustment system can be adjusted very precisely to give a stable fit. The head ring should be as tight and comfortable as possible.



2

The helmet should be on the level of the top of your head and should cover your forehead – ideally a two-finger height from your eyebrows.

3

The buckle and chin area of the strap should fit close to the underside of the chin once fastened. However, they should allow you to open your mouth to eat or drink water from your bottle. Between the chin strap and your chin should be about a finger wide space.



4

The upper part of the helmet straps will fit you best when it creates a v-shape formed just beneath your ear lobe. Front and rear strap should form a triangle around the ear on both sides.



More Info!



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