






How to fit your helmet

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|  | <p>Step 1 - Position:</p> <p>The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.</p> <p>You need to protect your forehead!</p> |
|  | <p>Step 2 - Buckles:</p> <p>Pull the straps from the back of the helmet to lengthen or shorten the chin straps so the buckle is under the chin</p> <p>Take the helmet off to make these adjustments.</p> |
|  | <p>Step 3 - Side Straps:</p> <p>Adjust the slider on both straps to form a “V” shape under, and slightly in front of, the ears. Lock the slider if possible.</p> |
|  | <p>Step 4 - Chin Strap:</p> <p>Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.</p> <p>Can you yawn or swallow comfortably?</p> |
|  | <p>Step 5 - Final Fitting:</p> <p>Does your helmet fit right? Use universal fit ring to tighten on the head</p> |