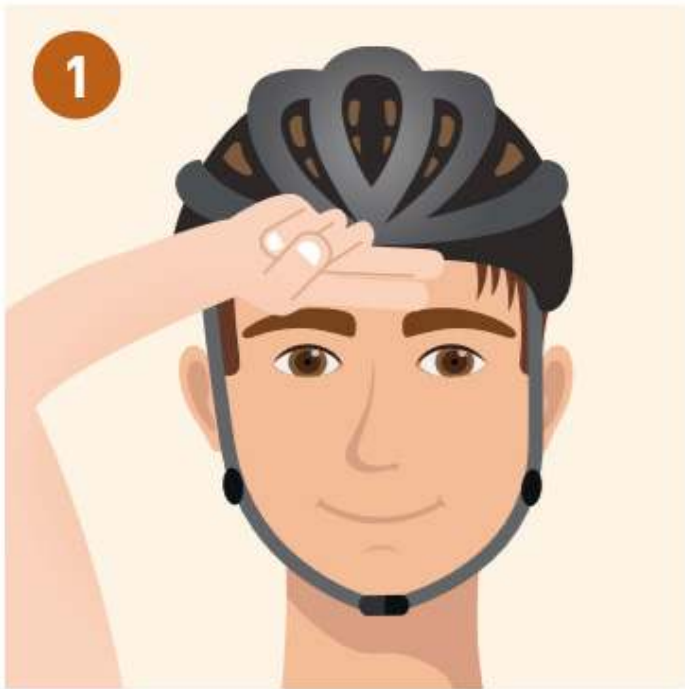


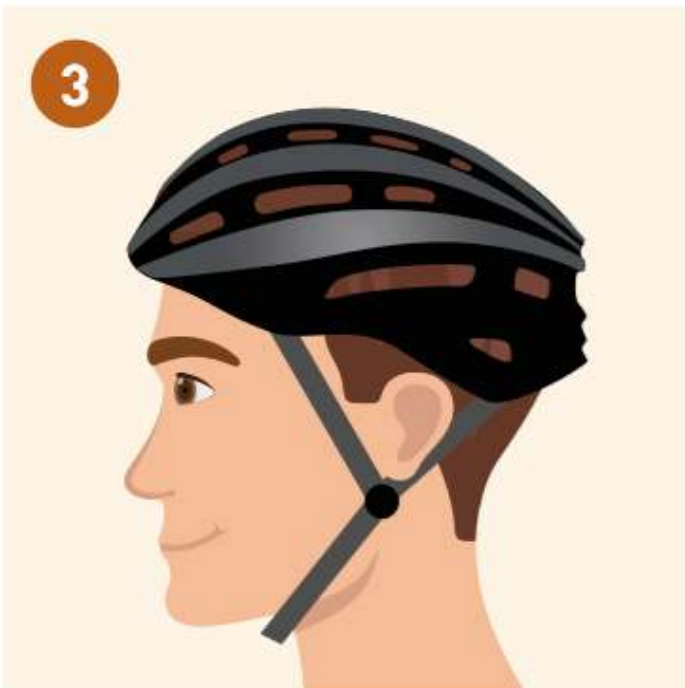
BIKE HELMET FITTING



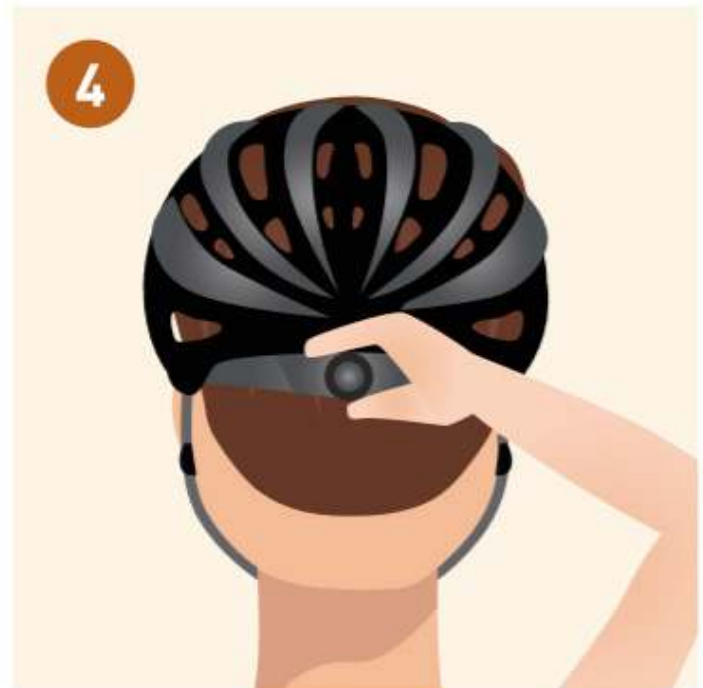
1
Position the helmet so that it protects your forehead. (1-2 fingers above your eyebrows).



2
Fasten the clip on the strap under your chin. Then tighten the strap so you can still fit one finger between it and your chin to ensure it isn't too tight.



3
Slide the plastic clips on each side of the strap upwards so the strap forms a triangle just below your ears.



4
Use the rear adjuster to ensure a snug, comfortable fit. Your helmet should touch on all sides and not slide forwards, backwards or from side-to-side.