

**HELMET INSTRUCTIONS**

The helmet you have just purchased provides protection, whether on or off the road. To ensure proper use of this helmet, familiarise yourself with its features, fit and care by carefully reading through this manual before wearing your new helmet.

**\*WARNING\***

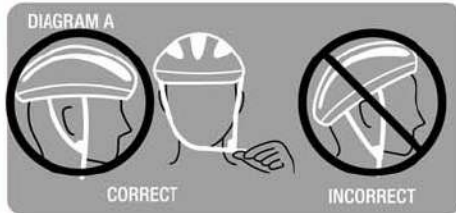
1. This helmet conforms to the AS/NZS 2063:2008 standard for bicycle helmets. This helmet is not intended for motorsport use.
2. No Helmet can protect the wearer against all possible impacts.
3. The helmet is designed to be retained by a strap under the lower jaw.
4. To Be effective, a helmet must fit 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 backwards to expose the forehead.
5. No Attachments should be made to the helmet except those recommended by the helmet manufacturer.
6. The helmet is designed to absorb shock by partial destruction of the shell and liner. This damage may not be visible. Therefore, if subjected to severe blow, the helmet should be destroyed and replaced even if it appears undamaged.

**\*WARNING\***

7. The helmet may be damaged and rendered ineffective by petroleum and petroleum products, cleaning agents, paints, adhesives and the like, without the damage being visible to the user.
8. A helmet has a limited lifespan in use and should be replaced when it shows obvious signs of wear.
9. This helmet 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.

**THE PROPER FIT**

**STEP 1:** The helmet fits correctly when the fit pads hold it firmly but comfortably in place. Pads are held in place by hook and loop style fastener. All fitting adjustments **MUST** be made with the helmet in the proper position. Failure to do so will result in a poor fit. This will allow the helmet to move out of position or come off in an accident. For proper position, please refer to Diagram A.



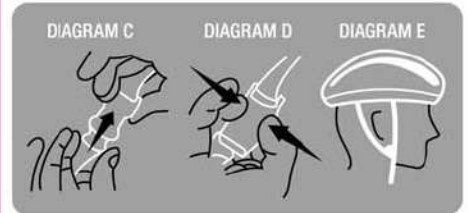
**STEP 2:** Always wear a helmet low in the front to protect the forehead as in the correct figure in Diagram A

**STEP 3:** The front and rear straps should join at a point slightly below and in front of the ears. See Diagram B. To adjust the position of the straps hold one end of the buckle in one hand and slide the adjuster up or down as necessary with the other hand correctly positioned to adjust the front or rear strap individually. Hold the strap to be adjusted and slide the slide adjuster in the appropriate direction.

DIAGRAM B: TRIGLIDE



**STEP 4:** Always wear the helmet with the chin strap buckle fastened and the strap pulled tight. Make sure the strap is well back against 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. See Diagram C and Diagram D on how to fasten and release the buckle and Diagram E shows the proper placement of the chin strap.



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 Bicycle helmets  
 Lic. No. SMK02623,  
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DESIGNED TO MEET ALL TESTING REQUIREMENTS OF:  
 AUSTRALIA / NEW ZEALAND  
 AS/NZS 2063: 2008  
 LIGHTWEIGHT CYCLE HELMETS

**INSTRUCTIONS FOR USE AND CARE**

PERFORMANCE CYCLING HELMETS  
 HTTP://WWW.KMART.COM.AU



**\*WARNING\***  
 If you cannot adjust your helmet to fit as required by Step 5, **DO NOT USE THIS HELMET.** Replace it with a different size.

**CHECK THE STRAP**  
 Grab the helmet with both hands and try to move it by rolling the helmet forward and backwards as far as you can. Make a serious effort. If you can roll it off the head completely in either direction, or roll it forward so far that it blocks vision or backwards far enough to expose the forehead it doesn't fit right. Repeat Steps 3 and 4 until the helmet movement is minimal.

**CHECK THE FIT**  
 Grab the helmet with both hands and twist it to the left and to the right. If the helmet fits right the skin on the forehead will move as the helmet moves. If it does not, the helmet is too loose. Return to step 1.

**STEP 5:** Before using the helmet, make sure it fits correctly. The straps are correctly adjusted and the chin strap is tight enough. Put the helmet on in the correct position. Fasten the chin strap. and pull it tight.



Make sure the loose end of the strap passes through the rubber O-ring. If it does not, the strap may slide loose and the helmet can come off accidentally. See Diagram F

**\*DO NOT USE HEAT DAMAGED HELMETS\***

After each use, allow the helmet to air dry and then store in a cool, dry place. Excessive heat can damage the helmet. In direct sunlight dark gear bags and automobile trunks can get hot enough to cause heat damage. Damaged helmets will appear to have uneven or bubbly surfaces.

**STORING YOUR HELMET**

Use only mild soap and water to clean the helmet, straps and pads. **DO NOT** use chemicals. **DO NOT** use solvents, paints and hydrocarbons.

**CLEANING YOUR HELMET**

Make any minor adjustment to fit pads and straps to improve the comfort stability.

**STEP 6:** Once you are satisfied that the helmet fits correctly and all straps are properly adjusted and tightened, take a short ride. Pay attention to overall comfort and helmet stability while riding.