

# OWNER'S MANUAL



APPROVED AND  
CERTIFIED TO  
AUSTRALIAN AND  
NEW ZEALAND  
STANDARD  
AS/NZS2063:2008+  
A1:2009  
ID BMP 702380  
BSI Benchmark

GLOBAL FITNESS & LEISURE PTY LTD  
23-25 Maygar Blvd  
Broadmeadows VIC 3047, Australia.

## AS/NZS 2063:2008+A1:2009

(ID BMP 702380)

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China.

It applies to helmets for all cycling activities except  
BMX racing.

### IMPORTANT!

Please read carefully before using your new helmet.

To ensure proper use of this helmet, familiarize  
yourself with its features, fit, and care by carefully  
reading through this manual before wearing your  
new helmet.

### Protection and Ventilation

The outer shell allows the helmet to be one of  
the lightest helmets while providing excellent  
durability and integrity. The multiple vents with  
inner air channels draw the air throughout the  
helmet and over the brow for maximum cooling.

### Fitting

To be effective, a helmet must fit and be worn  
correctly. To check for correct fit, place helmet on  
the 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 rearward to  
expose the forehead. To ensure a proper fit, mix  
and match the pad thickness to best conform to  
your head shape(See Diagram B).

### Retention System

This helmet uses a retention system that is simple  
and can be buckled and unbuckled without  
changing the adjustment. The straps must be  
snugly and evenly tensioned. The helmet is  
designed to be retained by a strap under the lower  
jaw. Place the helmet firmly on your head and  
fasten the buckle (See Diagram A)

Notice which strap is loose.Tighten the loose strap  
after removing the helmet. To tighten the chin  
strap, hold the buckle with one hand and pull the  
excess strap through (See Diagram A).

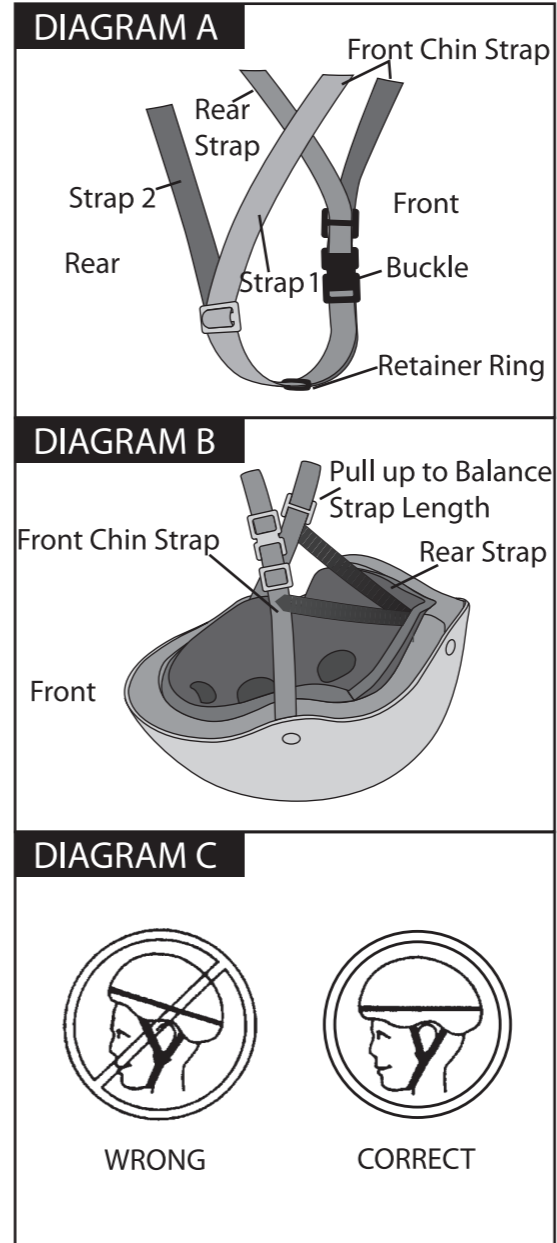
To tighten the rear strap, pull excess from the rear  
of strap 2. Hold the helmet with one hand. With the  
other hand, hold the strap where they pass under  
your chin. Then pull from side to side to balance  
the length of all your straps.

The helmet must sit firmly and level on your head  
(see Diagram C). To lower the front of the helmet in  
order to cover your forehead,tighten the chin strap  
and loosen the rear strap. To raise front, loosen the  
chin strap and tighten the rear strap.

**Note: Please check the adjustment every time  
the helmet is worn.**

To check for proper tension, put on the helmet and  
fasten the buckle.  
Open your mouth. You should feel this strap  
pulling against your chin.

Then attempt to pull the helmet off the front and  
rear. If the helmet comes off, increase strap tension  
and examine if pads are thick enough to be used.  
The helmet should not be able to roll forwards or  
back wards excessively. It should not be possible to  
remove the helmet without unfastening the  
buckle.



### SIZE AND WEIGHT RANGE

Model	Size	Weight Range without 3D parts
PG001	XS:48-52cm S: 52-55cm	225-275g
PG001	M: 55-58cm	235-285g
PG002	XS:48-52cm S: 52-55cm	225-275g
PG002	M: 55-58cm	235-285g

### Final Check

The important thing to remember is that the  
helmet fits snugly. If you can tilt it forwards or  
backwards, you will need to tighten the strap  
adjustment. It is important for the helmet to fit  
snugly on your head and must be fastened to  
provide maximum protection. All adjustments  
should be checked each time the helmet is worn,  
making sure it fits snugly each time.

### Caring for you Helmet

Clean the headgear with mild soap and water only.

The helmet may be damaged and rendered  
ineffective by using petroleum and petroleum  
products, cleaning agents, paints, adhesives and  
the like, without the damage being visible to the  
user.

### Keep Helmets out of Extreme Heat

Helmets will be damaged if exposed to  
temperature exceeding 131°F or 55°C. Dark  
vehicles and storage bags can exceed this on very  
hot days. Damage caused by heat on helmets will  
have random disfigured areas where the texture  
appears bubbly and uneven. If damaged, helmets  
should be destroyed and replaced immediately.

### Important Information

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 a  
severe blow, the helmet should be destroyed and  
replaced even if it appears undamaged. A helmet  
has a limited lifespan in use and should be  
replaced when it shows obvious signs of wear.

Unfortunately, some accidents result in head injury  
that can not be prevented by any  
helmet. Depending on the type of impact even very  
low speeds can result in a serious head injury or  
fatality. Always ride with extreme caution and be  
sure to read this manual thoroughly.

### Warning

This helmet is not intended for and will not  
provide adequate safety protection if used during  
motorsport. No helmet can protect the wearer  
against all possible impacts. However for  
maximum protection, the helmet must fit well and  
all retention straps must be securely fastened. No  
attachments should be made to the helmet except  
those recommended by the helmet manufacturer.

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.