1ISTMETUS07

OWNER'S MANUAL

CPSC 16 CFR 1203

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DESIGNED IN ITALY

A





B



SAFE-T DUO

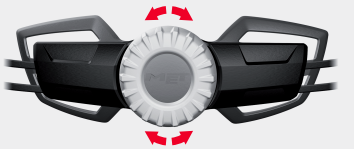
C



D



B



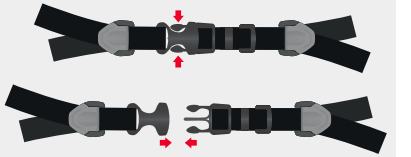
SAFE-T TWIST 2

B



SAFE-T ADVANCED

E

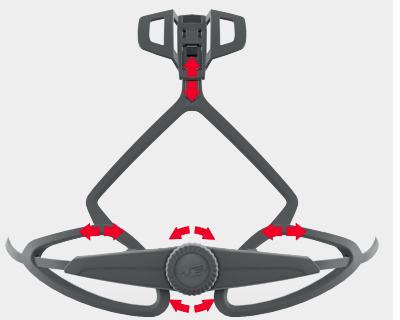


B



SAFE-T E-TWIST

B



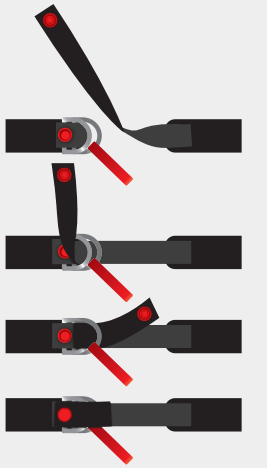
SAFE-T ORBITAL

B



SAFE-T E-MID

F



Warning: Carefully read the following instructions before using your new helmet. This helmet is for pedal cyclists, skateboarders or rollerskaters. This helmet is not intended for motorsport, moped or other uses. No helmet can protect the wearer against all possible impacts. The helmet complies with U.S. CPSC Safety Standard for bicycle helmets for persons age 5 and older. Impact forces, even in a common low speed accident, can result in serious injury or death, even when a helmet is worn. Helmets can't prevent all head injuries. This helmet is designed to protect the head and cannot guard against cervical, spine or other bodily injuries that may result from an accident. Since the helmet is made of expanded polystyrene foam, there's a chance it may be penetrated by sharp objects. Sticks, stones, or insects can pass through the holes to the interior of the helmet. A helmet can only protect what it covers. If the helmet is not fitted correctly or the straps are loose or unbuckled, the helmets can completely fall off the head in an accident, causing serious injuries or death. The helmet is designed to be retained by a strap under the lower jaw. To be effective, an 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 backward to expose the forehead. A cap, scarf, or even some high-volume hairstyles might allow the helmet to move during an impact. Barrettes, headphones, or anything else under your helmet can injure you if the helmet is impacted. Also cameras, lights and brackets devices or anything fixed on your helmet can injure you if the helmet is impacted.

Do not alter or remove any component of the helmet, such as helmets shell parts, size adjuster parts, retention straps system or chin guard parts (where it is present). Do not cut the chinstrap length excess.
No attachments should be made to the helmet except those recommended by the helmet manufacturer. Use genuine (original) spare parts only. 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. While the visors themselves do not offer impact protection, they do not influence the safety performance of the helmets. Do not apply decals to your helmet. 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. Also, some insect repelleant can damage the helmet. All the helmets have a limited lifespan in use and should be replaced when it shows obvious signs of wear. MET recommends replacing your helmet every three years even if it appears undamaged or if it does not fit you any more.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. Parents should explain the information in this manual to their children or anyone who is not able to understand.
This warranty is in lieu or all other agreements and warranties, general or special, express or implied and no representative or person is authorized to assume liability on behalf of MET in connection with the sale or use of this product.

Size adjustment: If the helmet is available in different sizes select the one which suits you the best.
If the helmet is provided with the Safe-T Twist 2, Safe-T E-Twist, Safe-T E-Mid, Safe-T Duo, Safe-T Advanced, Safe-T Orbital (Fig. B), turn the wheel clockwise until you reach the right fit, while the helmet is on your head.

Strap adjustment: Adjustment of straps (Fig. C) for clip buckle (fig.E) helmets: adjust the position of the side loops (1) allowing the straps to run through so they position themselves underneath the earlobes (Fig C). Adjust under the throat (2). Allow the strap to run through the loop of the buckle (3).
Adjustment of straps for double-D buckle (fig.F) helmets: adjust the strap under the throat. Fig.E-F show how to fasten the buckle accordingly the buckle model assembled on the helmet. The final jaw adjustment must not be positioned on side of the jaw.
To obtain the correct position, for the helmets that have a single rear anchorage, it is possible to run the strap through the back anchorage (4).

Fit a helmet: When the size adjustment and straps are fitted correctly the helmets should not move too far forward or backward on the head. Ensure that the helmet does not sit on the forehead or too far back (Fig A). The rim of the helmet should be 1 to 2 fingers widths above the eyebrows. The helmet needs to be low in front to protect the forehead. The helmet on the head should be positioned parallel to the flat ground. The straps should form a "V" shape under just beneath the ear lobe. When the rider opens the mouth, the buckle should feel snug on the chin and the helmet should hug the head. The strap correct position is against the throat, not on the point of the chin.
Helmets with visor: some helmets come with removable visors. For snap-fit visors, in order to remove visor, pull the ends of the visor loose from the helmet; to replace the visor, center it on the helmet and then snap the pins on the visor into the holes in the helmet; do not try to remove the visor by pulling forward on the center; this will damage the helmet and the visor. For visors with screws (Fig.D), the visor is held in place by 2 or 3 screws; to remove, take out the screws and carefully pull the visor away from the helmet; replace the visor with the screws provided; do not over tighten the screws or you might damage screws and/or the helmet. The visor should not obstruct your vision.

Caution: Helmets will be damaged if exposed to temperatures exceeding 50°C (120°F). Inside cars temperatures can exceed 80°C (180°F) on hot summer days.

Cleaning: Use only mild soap and water to clean your helmet.

Original spare parts: Peak and pad sets are available through our retailers network worldwide. In case you are having difficulties in finding MET spare parts dealer near you, it is also possible to purchase these items on line at: www.met-helmets.com

Warranty: MET warrants its helmets for a period of one year from the original date of purchase to be free from defects in material or workmanship for the original owner. To apply for the warranty request, the helmet should be returned to the shop from where the helmet was purchased for inspection, or send it to MET at your own cost. Helmets must be returned in proper individual protective packaging with a detailed description of the claim, along with an original receipt of purchase. If the helmet is found to be defective in materials or workmanship it will either be repaired or replaced with the nearest helmet model in price, size and colour available. Helmets that are not warrantable will be at the consumer's disposal.
MET shall not be held liable for any indirect, special or consequential damages. The warranty does not apply to helmets that have not been used properly according to the MET helmet owner's instruction manual. The warranty does not cover normal wear.
The warranty does not cover damages caused by accidents, abuse, negligence, incorrect adjustment, or for use other than that intended by the manufacturer. Any modification made by the user will render the warranty null and void. The warranty does not cover damages due to heat.

Crash replacement program: If your MET helmet is damaged in a bicycle accident within one year from the original date of purchase, MET proposes to replace it at a reduced cost. To receive advice of the exact cost of a new replacement helmet and information how to proceed, contact the MET distributor. The damaged helmet will be replaced with the nearest model in price, size and color available in the current product line. The crash replacement program is only valid once per purchased helmet.

Designed and engineered by MET SPA, Italy.
Manufactured in PRC.