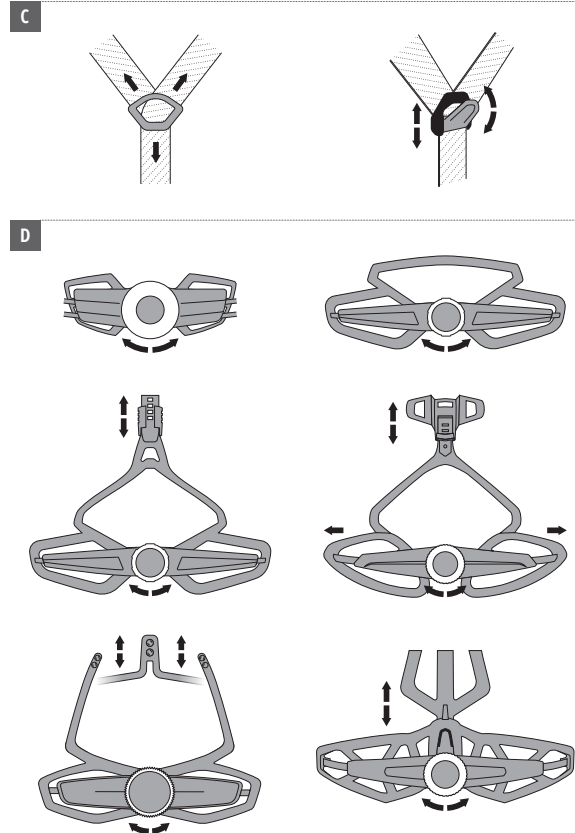
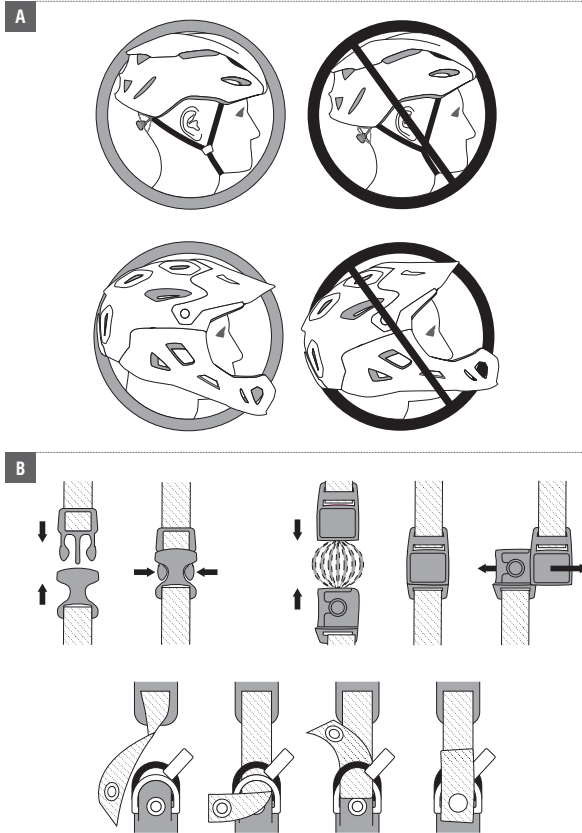




OWNER'S MANUAL

1151METAS12

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THIS HELMET COMPLIES WITH ONE OR MORE OF THE FOLLOWING INTERNATIONAL REGULATIONS:

AS/NZS 2063:2008 + A1:2009 – AUSTRALIA AND NEW ZEALAND STANDARD FOR BICYCLE HELMETS.

ASTM F1952-15 AND ASTM F2032-15 – HELMET FOR DOWNHILL MOUNTAIN BIKE RACING AND BMX BICYCLE RIDING AND RACING.

THE CERTIFICATION LABEL INSIDE THE HELMET IDENTIFIES THE INDIVIDUAL CERTIFICATION.

WARNING - CAREFULLY READ THE FOLLOWING INSTRUCTIONS BEFORE USING THE HELMET. PARENTS SHOULD EXPLAIN THE INFORMATION IN THIS MANUAL TO THEIR CHILDREN OR ANYONE WHO IS NOT ABLE TO UNDERSTAND.

- NO HELMET CAN PROTECT THE WEARER AGAINST ALL POSSIBLE IMPACTS.
- THE HELMET IS DESIGNED TO BE RETAINED BY A STRAP UNDER THE LOWER JAW.
- 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 REARWARD TO EXPOSE THE FOREHEAD.
- NO ATTACHMENTS SHOULD BE MADE TO THE HELMET EXCEPT THOSE RECOMMENDED BY THE HELMET MANUFACTURER.
- 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.
- 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.
- A HELMET HAS A LIMITED LIFESPAN IN USE AND SHOULD BE REPLACED WHEN IT SHOWS OBVIOUS SIGNS OF WEAR.
- 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.

- THIS HELMET IS INTENDED FOR PEDAL CYCLIST, SKATEBOARDERS OR ROLLER-SKATERS. IT IS NOT INTENDED FOR MOTORSPORT, MOPED OR OTHER SIMILAR USES.
- DEPENDING ON THE TYPE OF IMPACT, EVEN A LOW SPEED ACCIDENT CAN RESULT IN A SERIOUS HEAD INJURY OR DEATH. HELMETS CANNOT PREVENT ALL HEAD INJURIES AND WILL NOT PROTECT AGAINST CERVICAL, SPINAL OR OTHER BODILY INJURIES THAT MAY RESULT FROM AN ACCIDENT.
- ALWAYS RIDE CAREFULLY AND COMPLY WITH LOCAL TRAFFIC REGULATIONS. DO NOT MAKE ADJUSTMENTS TO THE HELMET OR HELMET COMPONENTS WHILE RIDING AS THIS CAN CAUSE AN ACCIDENT.
- DO NOT WEAR ANYTHING UNDER YOUR HELMET. A CAP, SCARF, OR EVEN SOME HIGH VOLUME HAIRSTYLES COULD CAUSE THE HELMET TO MOVE DURING AN IMPACT. HAIR CLIPS, HEADPHONES, OR ANYTHING ELSE UNDER YOUR HELMET CAN INJURE YOU IF THE HELMET IS IMPACTED.
- SHARP OBJECTS MAY PENETRATE THE HELMET. STICKS, STONES, OR INSECTS CAN PASS THROUGH THE VENTILATION HOLES TO THE INTERIOR OF THE HELMET.

FITTING INSTRUCTIONS - THE HELMET CAN ONLY HELP PROTECT YOU IF IT FITS WELL. MAKE SURE YOU TRY ON DIFFERENT SIZES AND CHOOSE THE SIZE WHICH FEELS MOST SECURE AND COMFORTABLE ON YOUR HEAD. POSITION THE HELMET ON THE HEAD, ENSURING THAT THE HELMET COVERS THE FOREHEAD AND IS NOT PUSHED TOO FAR OVER THE BACK OF THE HEAD (FIGURE A). THE CHIN STRAPS MUST BE SECURELY FASTENED UNDER YOUR CHIN AND AGAINST YOUR THROAT (FIGURE B). THE LOOSE ENDS OF THE STRAP MUST BE PASSED THROUGH THE RUBBER "O" RING. DO NOT CUT THE CHIN STRAP LENGTH EXCESS. STRAPS SHOULD BE EVENLY TENSIONED AND SHOULD NOT COVER YOUR EARS. SLIDE THE STRAP DIVIDER ON BOTH SIDES AND POSITION IT JUST UNDERNEATH YOUR EARLOBES (FIGURE C). IF THE HELMET IS PROVIDED WITH A FIT SYSTEM, ADJUST IT UP OR DOWN AND TURN THE WHEEL CLOCKWISE TO TIGHTEN UNTIL YOU REACH THE RIGHT FIT (FIGURE D). WHEN PROPERLY FITTED, YOU SHOULD NOT BE ABLE TO PULL THE HELMET OFF OF YOUR HEAD IN ANY DIRECTION.

MAINTENANCE AND CARE - USE ONLY MILD SOAP AND WATER TO CLEAN YOUR HELMET. STORE THE HELMET IN A COOL AND DRY PLACE. EXCESSIVE HEAT WILL DAMAGE THE HELMET. NEVER LEAVE THE HELMET IN THE CAR ON A SUNNY DAY OR ANYWHERE NEAR DIRECT OR INDIRECT HEAT. DO NOT APPLY DECALS TO YOUR HELMET. AVOID HARSH SUNSCREENS, HAIR AND SKIN PRODUCTS ON THE HEAD WHILE WEARING THE HELMET. CHECK THE HELMET'S CONDITION BEFORE AND AFTER EACH USE. IT IS RECOMMENDED TO REPLACE THE HELMET EVERY 3 YEARS FROM THE DATE OF PURCHASE.

SPARE PARTS AND ACCESSORIES - USE GENUINE (ORIGINAL) SPARE PARTS ONLY. PEAK AND PAD SETS ARE AVAILABLE THROUGH OUR WORLDWIDE RETAILER NETWORK AND ONLINE AT: SHOP.MET-HELMETS.COM. DO NOT ALTER OR REMOVE ANY COMPONENT OF THE HELMET OTHER THAN AS RECOMMENDED BY THE MANUFACTURER. THE HELMET SHOULD NOT BE ADAPTED TO ATTACH ACCESSORIES IN A WAY NOT RECOMMENDED BY THE MANUFACTURER. CAMERAS, LIGHTS AND BRACKETS DEVICES OR ANYTHING FIXED ON YOUR HELMET CAN INJURE YOU IF THE HELMET IS IMPACTED.

WARRANTY - MET WARRANTS ITS HELMETS FOR A PERIOD OF 2 YEARS 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 PROOF OF RECEIPT. 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 2 YEARS 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 ON HOW TO PROCEED, CONTACT THE MET DISTRIBUTOR** OF THE COUNTRY WHERE YOU BOUGHT THE HELMET. 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.

*THIS SERVICE IS NOT AVAILABLE IN ALL COUNTRIES.

**IF YOU DO NOT KNOW THE MET DISTRIBUTOR PLEASE CONTACT: CUSTOMERSERVICE@MET-HELMETS.COM

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