

There is a wide variety of safety helmets available, all of which are adjusted differently. It is therefore essential that you always read the user instructions supplied with your helmet, ensuring they are fitted and adjusted correctly to give full comfort and protection.

Always consider the following when adjusting your helmet:

Helmet Height

Front of helmet should be positioned to ensure user has complete visibility. Limited vision may result in increased risk.

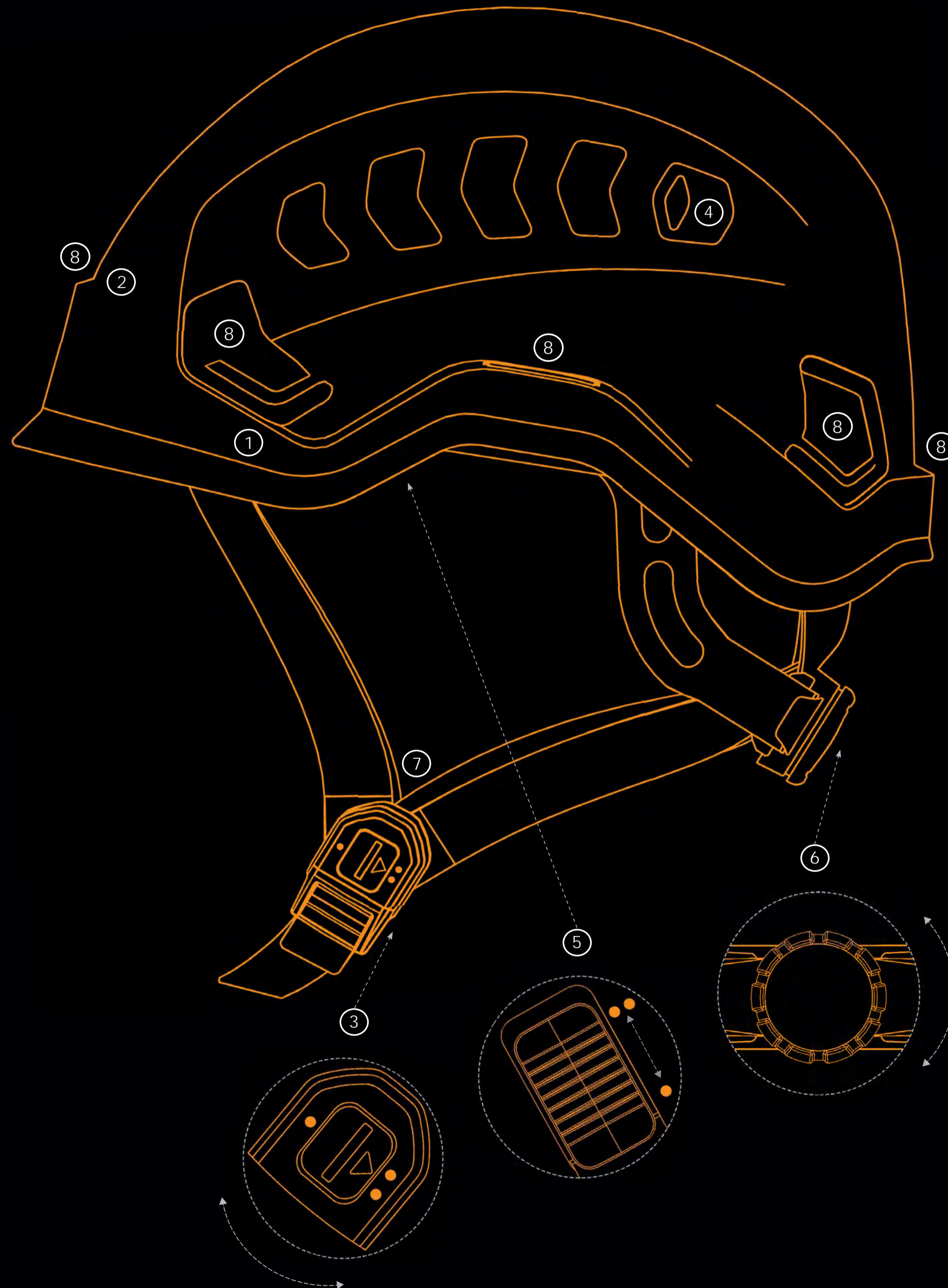
Fit

Loose fit may cause increased movement of the helmet and result in reduced protection. Too tight causes user discomfort and possible removal of the helmet before safe to do so.

Accessories

Ensure correct fit of accessories to prevent them falling off. E.g. Ear defenders, eye protection and chinstraps.

Helmets should not be removed to make adjustments.



How to fit a safety helmet

Based on heightec's DUON/DUON-Air

- ① For first time fit alter forehead adjuster to smallest setting that fits using the push fit rivet.
- ② Adjust headband height by moving the touch fastener within the min/ max marks.
- ③ Set chinstrap for site • or climbing •• use, with a twist of a catch.

EN397 Site •

Twist chinstrap buckle to • setting. This allows buckle to release at a load of 25-50kgs.

EN12492 Climbing ••

Twist chinstrap buckle to •• setting. This prevents buckle from releasing at a load less than 50kgs.

- ④ DUON-Air switch vent covers forward or back as required.
- ⑤ Variable airflow, internal slider settings: Open/partial vents set to • Full closure set to ••
- ⑥ Place helmet on head, turn rear adjustment wheel to fit.
- ⑦ Fasten and adjust chinstrap to fit. Once fitted helmet should be secure and stable.
- ⑧ T Slots, side clips and brackets accommodate a complete range of accessories.