



COURAGE FOR YOUR HEAD.™

OWNER'S MANUAL

BELL PRO SERIES

**To Work Right,
A Helmet Must:
Fit Right and
Be Worn Right**

WARNING!

**ALL SAFETY EQUIPMENT
HAS LIMITS.**

**READ THIS HELMET
MANUAL CAREFULLY AND
FOLLOW THE INSTRUCTIONS
COMPLETELY.**

WARNING: LIMITED IMPACT PROTECTION

Helmets reduce or prevent many injuries. But, impact forces, even in a common low speed accident, can result in serious injury or death. Energy absorbing materials used in helmets crush on impact. Sometimes, the blow can crush the material completely. When this happens some of the force is transferred to the head. If the force is great enough it can cause injury or death. Because every accident is different, it's impossible to predict when this might happen.

HELMETS CAN'T PREVENT ALL HEAD INJURIES

Some head injuries are not caused by impacts at all. They are caused by other forces, like scrambling an egg just by shaking it. You don't have to break the shell to destroy the contents. Helmets cannot prevent this type of injury.

HELMETS CAN'T PROTECT WHAT THEY DON'T COVER

A helmet protects only what it covers. It does not protect the neck or any area of the head it doesn't cover. Always wear a helmet low in the front to protect the forehead. Make sure the helmet fits snugly and the straps are adjusted to hold the helmet firmly in place when tightly fastened.

YOU SHOULD ALWAYS:

1. Wear your helmet low in the front to protect the forehead.
2. Fasten your buckle and tighten your chin strap.
3. Check your adjustments every time you wear your helmet.
4. Inspect your helmet regularly for signs of wear or damage.
5. Replace your helmet immediately if it shows any visible signs of wear or damage. Helmets have a limited life span of use.
6. Replace your helmet after an accident, even if no damage is visible.

7. Clean your helmet with mild soap and water only.
8. Store your helmet in a cool dry place.
9. Wear a helmet whenever you ride.
10. Wear a helmet designed for what you're doing.
11. Ride safely.

YOU SHOULD NEVER:

1. Wear a helmet that's been in an accident, even if no damage is visible.
2. Loan your helmet to anyone.
3. Wear someone else's helmet
4. Wear your helmet with the buckle unfastened.
5. Wear your helmet tipped back to expose your forehead.
6. Wear anything under your helmet.
7. Wear this helmet while operating a motor vehicle.
8. Make any attachments other than those recommended in this manual.
9. Clean your helmet with chemical cleaners.
10. Store your helmet in hot and damp places.
11. Take unnecessary risks just because you're wearing a helmet.

PARENTS:

A helmet is NOT a toy. DO NOT allow your children to play with it. They can accidentally damage it or hurt themselves.

FITTING THE HELMET TO YOUR HEAD

Follow these 5 simple steps to learn how to properly fit and wear your helmet. You will need a mirror

STEP 1: WEAR IT IN THE PROPER POSITION

Always wear a helmet low in the front to protect the forehead. See Figure 1 for the proper way to wear a helmet.

IMPORTANT: 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.

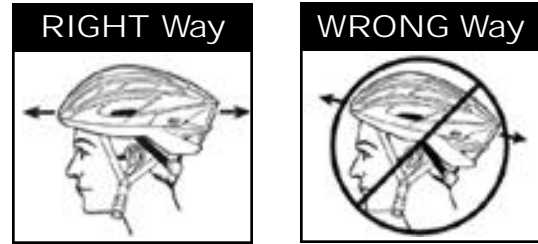


FIGURE 1

STEP 2: ADJUSTING THE STRAPS

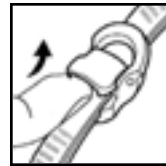


FIGURE 2

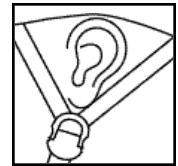


FIGURE 3

To adjust the position of the straps:

1. Open the Cam-Lock adjusters (Figure 2);
2. Put the helmet on and slide the straps through the adjusters until they are located in the correct position as indicated in Figure 3 above.
3. Make sure there is no slack in any of the straps when the adjusters are positioned correctly.
4. Close and lock the Cam-Lock adjusters.

The front and rear straps should join at a point slightly below and in front of the ears. See Figure 3.

STEP 3: ADJUSTING THE CHIN STRAP

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. Figures 4 and 5 show how to fasten and release the buckle and Figure 6 shows proper placement of the chin strap.



FIGURE 4



FIGURE 5



FIGURE 6

WARNING!

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 Figure 7)



FIGURE 7

STEP 4: GETTING THE CORRECT FIT

The helmet fits correctly when it is held firmly but comfortably in place by the interior fit pads and the retention system.

A. For helmets equipped with Conventional Fit Pads

Follow steps 1-3 above. Pads are held in place by hook and loop style fasteners. Try any combination of the different thicknesses provided until the helmet fits firmly and comfortably.

B. For helmets equipped with a Half Nelson Pro Fit System

Follow steps 1-3 above. Adjustments are made by varying the thickness of the interior pad and by varying the position and tension of the stretch pad of the Half Nelson Pro Fit System. Follow these steps to make sure your helmet fits correctly.

1. Detach the stretch pads of the Half Nelson Pro Fit System from their hook and loop fastener (Figure 8) and put the helmet on. The front fit pad should lightly touch your forehead. If it does not, replace it with the thicker pad provided. If it still does not, try a smaller size helmet.

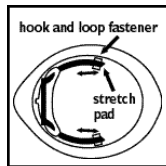


FIGURE 8

2. Remove the helmet and adjust the tension of the Half Nelson Pro Fit System by reattaching the stretch pads to their hook and loop fasteners. When correctly adjusted, you should feel a slight pressure at the back of your head, and the front pad will push firmly, but comfortably against your forehead. Repeat this process until the correct fit is achieved.

C. For helmets equipped with a Twin Action Fit Belt Retention System

Follow steps 1-3 above. Next, locate the adjusters at the back of your head at your occipital lobe (the bony protrusion at the back of your head) (Figure 9). To fit your helmet securely to your head, gently squeeze the adjusters with your thumbs and forefingers of both hands and move your hands horizontally toward each other. To loosen the fit, simply squeeze the adjusters with your thumbs and forefingers and move your hands horizontally apart from each other (Figure 10).

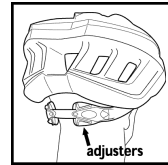


FIGURE 9

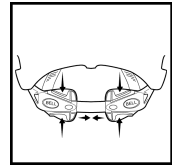


FIGURE 10

D. For helmets equipped with a Fusion Fit Retention System

Follow steps 1-3 above. Next, there are 3 possible adjustments to perfect the fit:

1. **Horizontal Adjustment:** While the helmet is on your head, re-adjust the tension of the Fusion Fit System by pulling forward on the elastic side strap tabs until you feel a slight pressure at the back of your head, and the front pads push firmly, but comfortably against your forehead. Secure the straps in place by using the hook and loop fasteners on the tabs (Figure 11).
2. **Vertical Adjustment:** For optimum performance, the Fusion Fit System should cradle the rear of your head with the middle strap, connecting the two logo buttons, positioned just below the occipital lobe. If it is too high or too low, slide it to a lower or higher position by clicking it into the next notch, as shown in Figure 12.

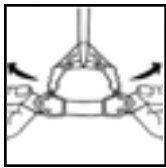


FIGURE 11

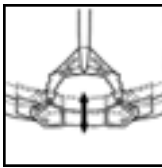


FIGURE 12

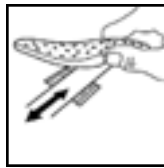


FIGURE 13

3. **Internal Elastic Side Strap Adjustments:** Use this adjustment to make major forward or backward adjustments to the position of the Fusion Fit System. To internally adjust the elastic side straps:

- a. Gently peel the sides of the front pads away, exposing the end of the elastic side strap and the hook and loop fastener strip used to secure the elastic side strap in position, see Figure 13.
- b. Gently peel the elastic side strap away from the hook and loop fastener strip and reposition it either farther forward or backward. It should not be necessary to move the strap more than 3/8 of an inch in either direction to accommodate most head shapes and sizes.
- c. Reposition the front fit pads.
- d. Repeat as necessary to obtain the most comfortable fit.

E. **For helmets equipped with a Geared Positioning System (GPS) Retention System**

Follow steps 1-3 above. Next, find the GPS gear located at the back of your head at your occipital lobe (Figure 14). With your thumb, press the GPS dial upward and turn clock-wise to tighten the fit. To loosen the fit, simply press the GPS dial upward with your thumb and turn counter-clock-wise (Figure 15).

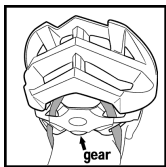


FIGURE 14

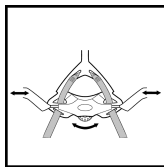


FIGURE 15

STEP 5: CHECKING THE FIT AND ADJUSTMENTS

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. Stand in front of the mirror.

- A. **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 4.
- B. **Check the straps.** Grab the helmet with both hands and try to remove it by rolling the helmet forward and backward as far as you can. Make a serious effort. **THIS IS IMPORTANT.** If you can roll it off the head completely in either direction, roll it forward so far that it blocks vision, or backward far enough to expose the forehead, it doesn't fit correctly. Repeat Steps 2 and 3 until helmet movement is minimal.

WARNING!

If you cannot adjust the helmet to fit properly according to Step 5, DO NOT USE THIS HELMET. Replace it with a different size or model.

TAKE A TEST RIDE

Once you are satisfied that the helmet fits correctly and that all straps are properly adjusted and tightened, take a short test ride. Pay attention to overall comfort and helmet stability while riding. Make any minor adjustments to the fit pads and straps to improve comfort or stability.

WARNING!

If you cannot adjust the helmet so that it fits correctly according to these instructions or so that it is comfortable and stable while riding, DO NOT USE IT. Return it to your dealer or call 1-800-456-BELL for assistance.

HELMETS WITH VISORS

Some helmets come with removable snap-on visors. To remove visor, follow these steps:

1. Pull the ends of the visor loose from the helmet and then lift away from the helmet.

CAUTION: DO NOT try to remove the visor by pulling forward on the center. This will damage the helmet and the visor.

2. To replace the visor, center it on the helmet and then snap the pins (A) on the visor into the holes (B) in the helmet (Figure 16).

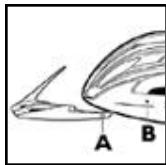


FIGURE 16

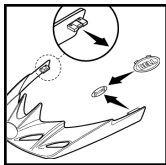


FIGURE 17

For helmets equipped with a Blade™ visor attachment, the receptor holes left behind by the removed visor may be covered by the small Bell ellipse plugs that are supplied. Simply snap in the Bell ellipse plug into the receptor hole in the helmet for a clean, stream-lined look (Figure 17).

CLEANING

Helmets are made of materials that can be damaged by many commonly available cleaners. Petroleum based solvents or cleaners are especially dangerous. They can damage a helmet so that its protective capabilities are significantly reduced. Many times this damage is not visible. For best results, clean the helmet using a soft cloth or sponge, warm water and mild soap.

STORAGE

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.

WARNING!

DO NOT use heat-damaged helmets.

REPLACEMENT PARTS

Call Bell's Consumer Service department at 1-800-456-BELL concerning replacement parts or for answers to any questions you may have concerning Bell products.

SAFETY TIPS

1. Enjoy bicycling. Ride safely. You are responsible for your own safety.
2. Always wear your helmet, even on a short ride. Many accidents happen close to home.
3. Watch carefully for drivers turning left in front of you. Drivers often report that they never saw the bicycle or the rider.
4. Wear brightly colored clothing.
5. Obey all traffic laws.
6. Don't ride at night without proper lighting and reflectors. Watch for parked cars. Doors often open without warning.
7. Pretend you're invisible. Don't assume that automobile drivers can see you.

CRASH REPLACEMENT POLICY

Bell is interested in your safety and in advancing the state-of-the-art in head protection. If your helmet is involved in an accident you may obtain a replacement from Bell by doing the following:

Send:

- a. your damaged helmet;
- b. a copy of your dated cash register receipt;
- c. a letter describing your accident (in as much detail as possible); and
- d. a check for \$35.00 for fusion helmets or a check for \$20.00 for non-fusion helmets

To:

**Bell Sports, Inc.
Consumer Service
1924 County Road
3000 North
Rantoul, Illinois 61866-9512**

Crash replacement program available to U.S. customers only. Customers outside the U.S. should call 1-800-456-BELL or write to the address above for information on the crash replacement program applicable to them. If you have any questions about this policy call Bell at 1-800-456-BELL. Remember: **NEVER** wear a helmet that's been involved in an accident.

CONSUMER PRODUCT SAFETY ALERT

From the U.S. Consumer Product Safety Commission, Washington, D.C. 20207

Wear Bike Helmets on Bicycles - Not on Playgrounds

The U.S. Consumer Product Safety Commission (CPSC) warns that children should not wear bike helmets when playing, especially on playground equipment. CPSC has reports of two strangulation deaths to children when their bike helmets became stuck in openings on playground equipment, resulting in hanging. CPSC also has reports of four cases where no injury occurred. In two of these cases the children were climbing trees, and in the other two cases the children were on playground equipment.

Children should always wear helmets while riding their bikes. But when a child gets off the bike, take off the helmet. There is a "hidden hazard" of strangulation if a child wears a helmet while playing on play-



LIMITED WARRANTY

Any BELL helmet determined by BELL to be defective in materials or workmanship within one (1) year from the date of original retail purchase will be repaired or replaced, at Bell's option, free of charge when received at the factory freight prepaid, together with proof of purchase.

This warranty is expressly in lieu of all other warranties. Any implied warranties of merchantability or fitness for a particular purpose are limited to the same duration as this express warranty.

BELL shall not be liable for any incidental or consequential damages. Some states do not allow the exclusion or limitation of implied warranties, incidental or consequential damages, so the above limitations and exclusions may not apply to you.

This warranty does not cover anything resulting from misuse, abuse, neglect, alteration, failure to perform maintenance as instructed, or unauthorized repair or service.

This warranty does not cover any representation or warranty made by Dealers beyond the provisions of this warranty.

You must establish proof of purchase to obtain warranty service or replacement.

This warranty gives you specific legal rights, and you also have other rights, which vary, from state to state.

If you have any questions about your BELL product, please call us toll free at: **1-800-456-BELL**.



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