

How to size LION® Helmets

As the wear trial begins, the helmet needs to be fitted properly to the wearer's head. The following instructions will guide you through the proper headband and suspension adjustments for a customized and comfortable fit.

FIT AND ADJUSTMENT

Your safety depends upon the proper fit of your Helmet. You must check the integrity, fit, and proper assembly of the Helmet, suspension, and chinstrap before each use. Since no two heads are exactly alike, a new Helmet will need to be adjusted to your head's unique size and shape.

A. Headband Circumference Adjustment:

1. Turn the ratchet knob counter clockwise until the headband is the largest size. **(FIG. 1)**
2. Place the Helmet on your head and turn the ratchet knob clockwise until the headband is snug but not constricting. One click is approximately 1/8".
3. Connect chinstrap and use buckle to adjust the fit to be snug, yet comfortable beneath the chin.



FIG. 1
Ratcheting Wheel

Additional Headband Circumference Adjustment: **(FIG. 2)**

If necessary, you can increase or decrease the circumference of the headband beyond the normal range of the ratchet system by altering the point at which the rear ratchet straps connect to the front part of the headband. The factory connects the headband at adjustment point G. To expand or reduce the headband size:

- Remove the Helmet from your head and turn upside down.
- Locate adjustment area identified by three lock tabs on each side of the headband. Letters indicate the position you are selecting to assure equal adjustments on each side. You must adjust each side equally, to assure the ratchet strap stayed centered on the back of the head.
- Slide the strap forward or backward to the desired "lettered" position and snap the strap into place.
- Our headband will accommodate head sizes of 5 1/2 to 11.

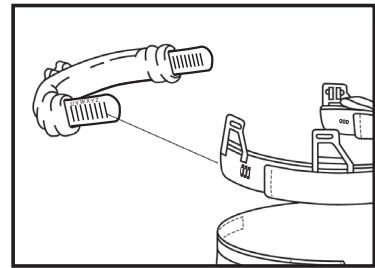


FIG. 2
Size Adjustment

B. Vertical Adjustment:

Check vertical placement. As a general guideline, the front part of the headband should clear your SCBA mask and the overall settings should have just enough height to clear the tops of the ears. **(FIG. 3)** If necessary, you can raise or lower the position of the headband on your head as follows:

1. With helmet off, turn the helmet upside down so internal components are visible.
2. Remove the headband by releasing four retaining tabs from the shell, using recommended LION tool (can be purchased as LION kit #LFH1058). Remove ear covers. **(FIG. 4)**
3. Set headband brackets to desired position, reinstall earneck and snap the four retaining tabs back into place. **(FIG. 5, 6)** Note: Front and back can be adjusted differently for more customized fit.
4. Try on for fit. Repeat steps 2 and 3 if additional adjustment is necessary.

For example, if the headband is too low and is too close to your eyes, you should adjust the tabs to position "A". **(FIG. 7)** While you can also adjust the front and rear tabs to different heights, please note that the height of the complete Helmet on your head is determined by the suspension straps which have a fixed length.

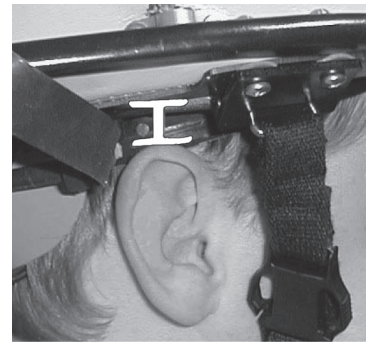


FIG. 3
Helmet Ear Clearance

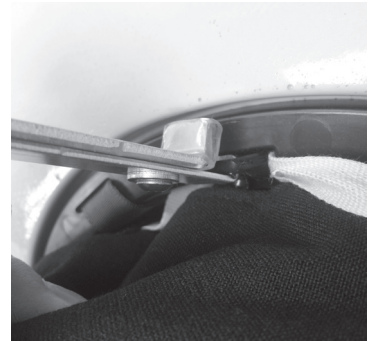


FIG. 4
Headband Detachment

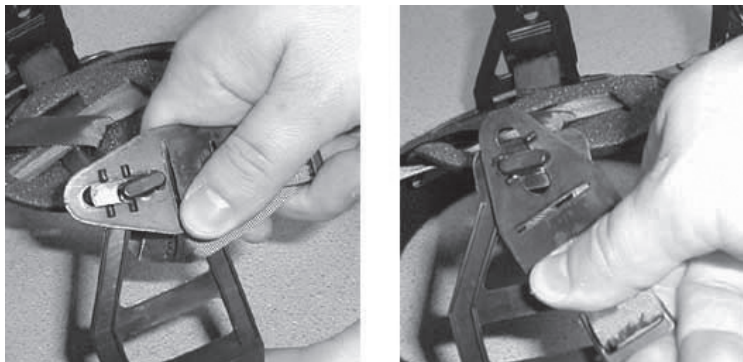


FIG. 5, FIG. 6
Headband Tab Repositioning

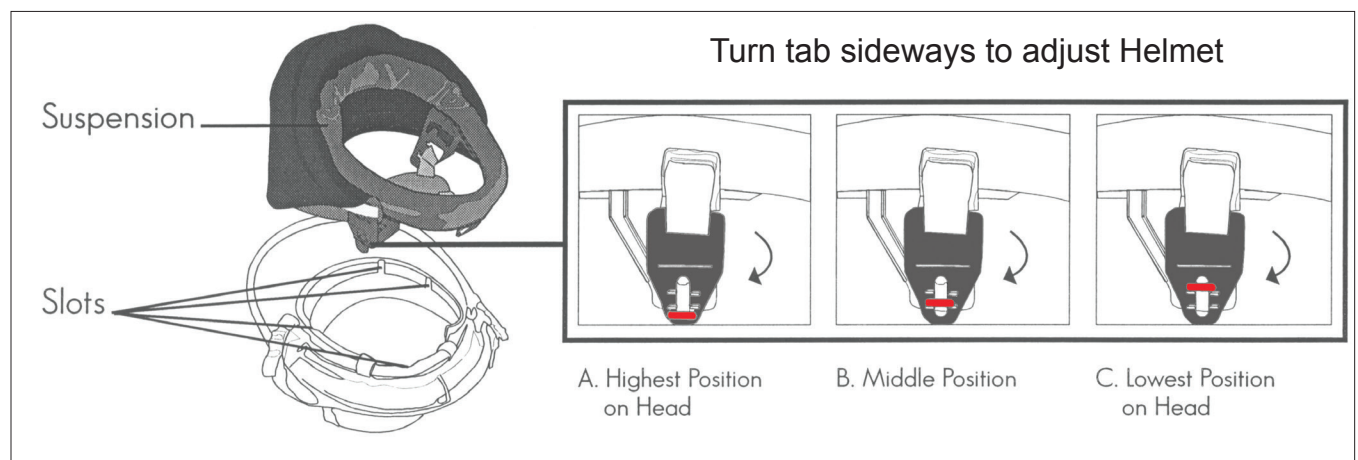


FIG. 7
Suspension Tabs

C. **Center of Gravity Adjusting Suspension (FIG. 8):**

The adjustment tab is just in front of the center of gravity pad. Disengage Velcro® and pull the tab to move the center of gravity pad forward. Re-engage Velcro®. By doing this, you move the center point and center of gravity forward also. This will make the Helmet tilt back on your head and move more of the weight to the rear.

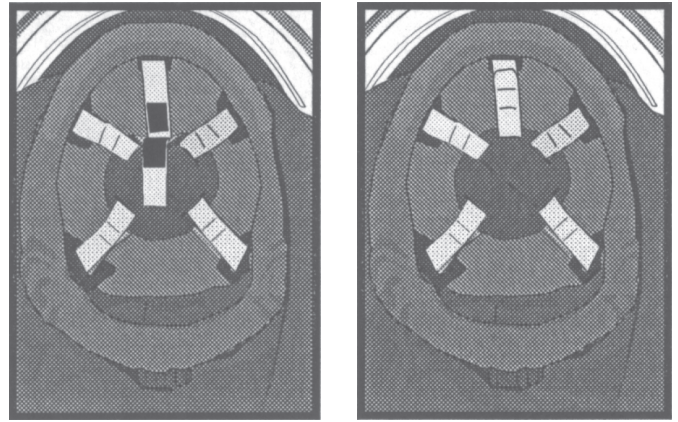


FIG. 8
Center of Gravity Adjustment

D. **Fit Check:**

To determine whether you have a properly fitting headband, hold your head still and rock the Helmet on your head. A properly fitting Helmet will cause your scalp to move with the Helmet. If necessary, expand or reduce the headband circumference according to the instructions shown in FIG. 2.

E. **Engage Faceshield/Goggles:**

If present, lower faceshield into position before entering hazard zone. Make sure the faceshield does not interfere with your SCBA facepiece when fully engaged. If no SCBA faceshield is present, engage the goggles.

F. **Check Interface Areas for Overlap:**

Ask a partner or responsible officer on the scene to make sure that your ear/neck protector overlaps the collar on your turnout coat to provide maximum coverage to the neck area. Always make sure no skin is exposed in interface areas between the Helmet, body, SCBA and collar.

If you have trouble or need special size considerations, contact your nearest authorized LION Helmet™ dealer or call LION at 1-800-421-2926.