POC

BICYCLE HELMET

Congratulations! You have chosen a POC safety product designed especially for cycling. Correctly used and cared for, it will keep you better protected and satisfied for many years to come.

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APPLICATIONS
POC bicycle helmets have been developed for the various forms of modern bicycle riding. These helmets have been developed with specialists, engineers and researchers working with both medical technology and high-tech material development. They comply with one or more of the following standards:

EN1078:2012+A1:2012 – Standard specification for helmets for pedal cyclists and for users of skateboards and roller skates.

U.S. CPSC 1203 – Standard specification for bicycle helmets for persons aged 5 and older.

ASTM F1952-15 – Standard specification for helmets used for downhill mountain bicycle racing.

ASTM F2032-15 – Standard specification for helmets used for BMX cycling.

NTA 8776:2016-12 – Standard Specification for helmets worn by users of high speed electrically power assisted bicycles.

THIS HELMET CONFORMS WITH THE REGULATION (EU) 2016/425 AND THE REGULATION 2016/425 ON PERSONAL PROTECTIVE EQUIPMENT, AS AMENDED TO APPLY IN GB.

The certification label inside the helmet identifies the individual homologation. Helmets do not provide protection against every conceivable type of impact or extreme force, but they considerably reduce the risk of injury from falls and collisions users are exposed to in the course of normal use.

The EU Type examination is conducted by: Kiwa Nederland B.V. with its office located at Wilmersdorf 50, 7327 AC Apeldoorn, The Netherlands.
Notified Body No. 0063 (ex-0560).

The UKCA Type examination is conducted by: ITS Testing Services (UK) Ltd., Centre Court, Meridian Business Park, Leicester LE19 1WD. UKCA AB0362.

The UKCA Type examination is conducted by: CCQS UK Ltd., 25 Wilton Rd, Pimlico, London, UK, SW1V 1LW. UKCA AB No. 1105.

The EU and UKCA Declaration of Conformity is available at the following link: https://poc.com/declaration-of-conformity.

INSTRUCTIONS FOR USE
The helmet can only protect if it fits well. Try different sizes and select the model that feels most secure and comfortable on the head.

1. Position the helmet on your head so the intended protection is provided: it should cover the forehead, and not be pushed too far towards the back of the head. It is important the helmet sits securely enough that it can neither ride up your forehead nor slip down over your face, see figure 1 for guidance.

2. Use the cradle height adjuster (figure 2) to set the position of the fit system.

Fig. 1

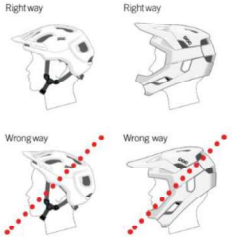


Fig. 2

Fig. 3

Fig. 4

3. Put on the helmet and adjust the retention system. To tighten or loosen the helmet turn the adjustment wheel at the back (figure 3), or adjust the arms on the sides.
When the retention system is properly adjusted the helmet will sit securely on the head even when moving or rotating the head under force.

4. When you are satisfied with the fit, tighten the chin strap. Make sure the buckle locks securely and that the straps do not slip (figure 4).
Ensure the straps do not cover your ears, and that the buckle does not sit too tightly under the jawbone. The fit should be comfortable yet firm.

DIAL ADJUSTMENT SYSTEMS

To fit a smaller head circumference, turn the rear dial clockwise (tighten).

To fit a larger head circumference, turn the dial anti-clockwise (loosen).

SNAP ADJUSTMENT SYSTEM

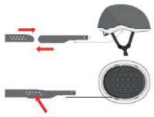
Set the snap adjuster to a comfortable fit. The elasticated section on the adjuster means you will only have to find the right fit once.

1. Adjuster on all helmets except Otocon, Otocon Race Mips and Myelin
2. Adjuster on Otocon, Otocon Race Mips
3. Snap adjuster on Myelin

1.

2.

3.



PROTECTIVE CAPACITY

The purpose of the helmet is to absorb impact energy through partial destruction: after receiving an impact, the helmet could be damaged to the point that it is no longer adequate to protect the head against further impacts, even if this damage is not visible to the user. Replace the helmet if there is any indication or suspicion of damage.
The helmet's impact-absorbing properties are lost if the original composition of the materials in every part of the helmet are not intact. It is dangerous to modify or remove any of the original component parts of the helmet other than as recommended by the manufacturer. The helmet should not be adapted for the purpose of fitting accessories in a way not recommended by the manufacturer.

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MAINTENANCE, CARE AND AGE

The helmet's condition must be examined before and after each use.
This helmet has components made of material which are known to be adversely affected by contact with hydrocarbons, cleaning fluids (such as bleach, ammonia or others), paints, transfer or other extraneous additions. Using chemical agents to clean the helmet could be very dangerous and could dramatically decrease its protective properties.

CLEAN ONLY WITH MILD SOAP AND WATER!

Sunlight or high temperature can reduce the protective capacity of the helmet. It is recommended to replace the helmet after 3–5 years. The helmet should be cleaned before storing for long periods. Keep the helmet in its box, far from sources of heat and direct sunlight, at a temperature between –10 and +40°C.

WARNING

Failure to follow the warnings may result in serious injury or death.

NOT FOR MOTOR VEHICLE USE.

No helmet can protect against all possible impacts and even if properly used, serious injury or death can occur. POC makes no claim that this helmet will eliminate all possibility of injury. This helmet should not be used by children while climbing or doing other activities when there is a risk of hanging if the child gets trapped with the helmet.

WARRANTY

POC Sweden AB warrants that this product is free of manufacturing defects in material and workmanship when it is delivered to our dealers. Unless otherwise stipulated by local law, this warranty is limited to one year from the date of purchase and is limited to the original purchaser. This warranty does not apply in the event of abuse, negligence, carelessness or modification, or if the product is used in any way other than is intended. Nor is any attempted repair or replacement with any part or accessory other than original POC parts and products covered by the terms of this warranty. This warranty takes precedence over any other agreements or warranties, general or special, expressed or implied and no representative or person is authorized to assume liability on behalf of POC in connection with the sale or use of this product. POC makes no other expressed warranties or guarantees, except as otherwise specifically stated.
POC waives all responsibility for any third party for consequences that might result from the use or handling of any POC product by any legal or natural person.

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POC SWEDEN AB
Nackagatan 4
SE-116 49, Stockholm
Sweden

www.poc.com

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