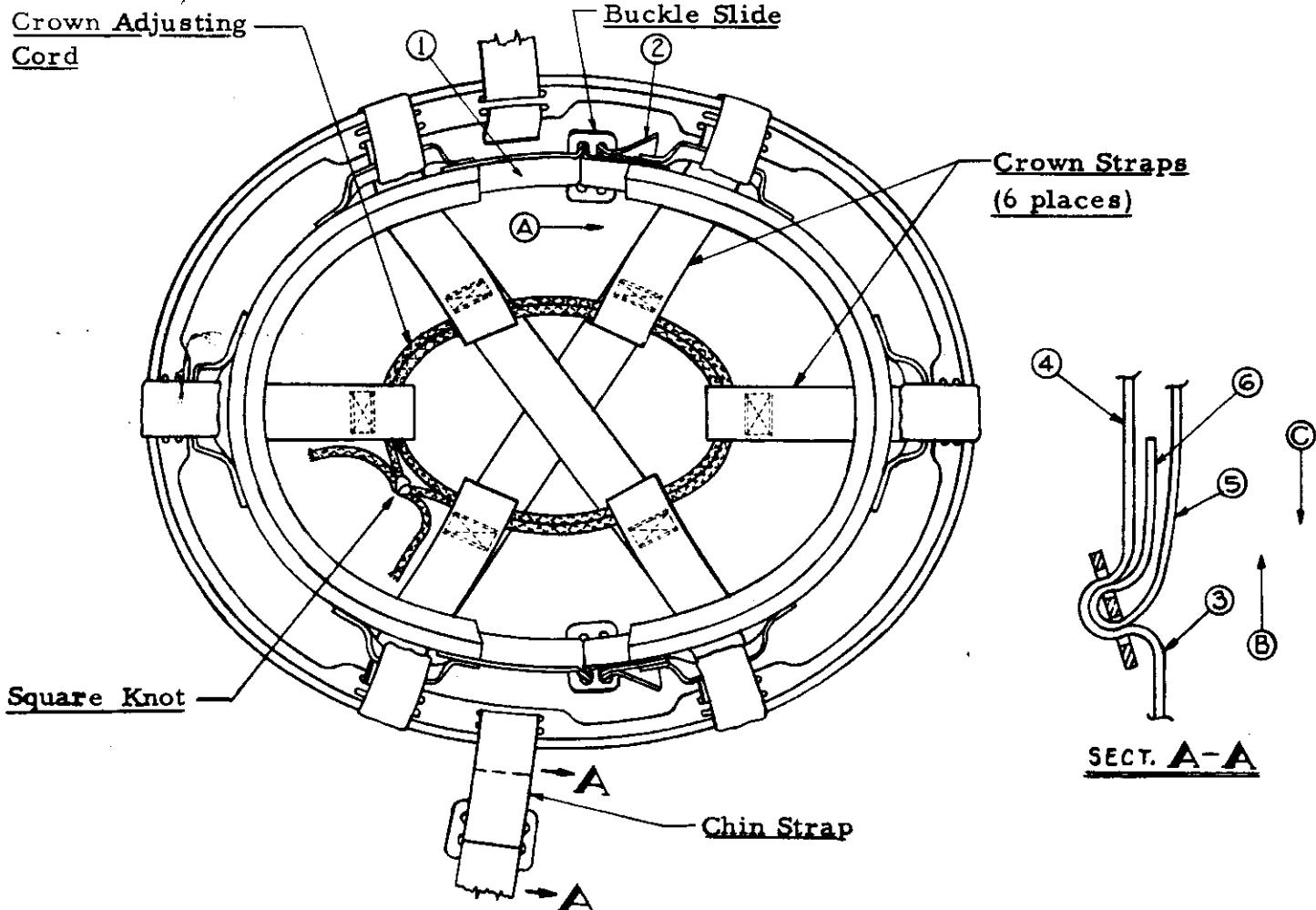




## INSTRUCTIONS

### HELMETS — CONSTRUCTION AND ELECTRICAL WORKERS



#### CROWN STRAPS ADJUSTMENT

Untie the square knot securing the crown adjusting cord. Tighten or loosen the cord, as desired, for proper fitting.

Secure the cord at this position using a square knot.

#### HEADSIZE (HEADBAND) ADJUSTMENT

TO TIGHTEN — Take-up headsize adjustment strap ① near buckle slide, in direction of arrow A. Then take-up the slack at position ②, in direction of arrow A. (Typical two places)

TO LOOSEN — Reverse the above procedure.

#### CHINSTRAP ADJUSTMENT

TO SHORTEN — Take-up webbing at position ③, in direction of arrow B. Take-up slack at position ④, in direction of arrow B. Then take-up the remaining slack at position ⑤, in direction of arrow C and position ⑥, in direction of arrow B.

TO LENGTHEN — Reverse the above procedure.