

CE Type Examination Certificate by
CSI s.p.a.
Bollate, Italy
(notified body, no. 0497)

MET spa
via Piemonte, 13
23018 Talamona (SO) Italy
tel. +39 0342 615876
fax +39 0342 614631

COMPANY
WITH QUALITY SYSTEM
CERTIFIED BY DNV
=ISO 9001/2000=

MET

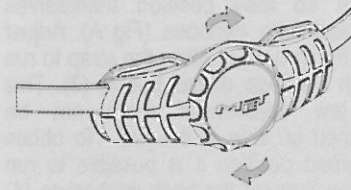
www.met-helmets.com

► Owner's manual



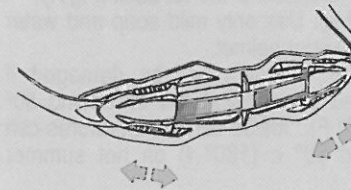
A

Safe-T twist



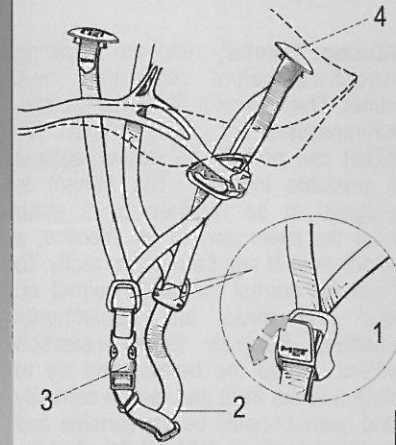
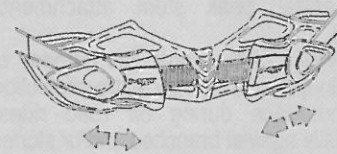
B1

Safe-T / Safe-T lite

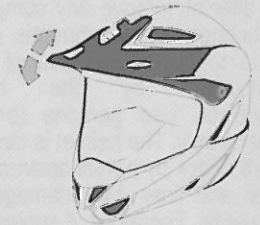


B2

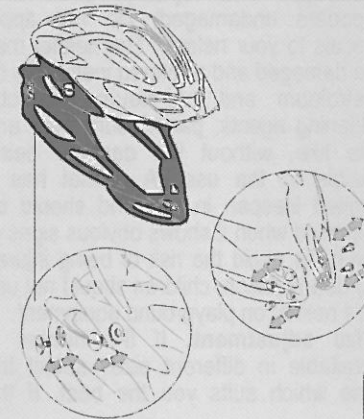
Safe-T X



C



D



E

Warning: Carefully read the following instructions before using your new helmet. This helmet is for pedal cyclists, skateboarders or rollerskaters. No helmet can protect the wearer against all possible impacts. The helmet is designed to be retained by a strap under the lower jaw. To be effective, a helmet must fit and be worn correctly. To check for correct fit, place helmet on head and make any adjustments indicated. Securely fasten retention system. Grasp the helmet and try to rotate it to the front and rear. A correctly fitted helmet should be comfortable and should not move forward to obscure vision or backward to expose the forehead.

Do not alter or remove any component of the helmet. No attachments should be made to the helmet except those recommended by the helmet manufacturer. Use genuine (original) spare parts only. The helmet is designed to absorb shock by partial destruction of the shell and liner. This damage may not be visible. Therefore, if subjected to a severe blow, the helmet should be destroyed and replaced even if it appears undamaged. Do not apply decals to your helmet. The helmet may be damaged and rendered ineffective by petroleum and petroleum products, cleaning agents, paints, adhesives and the like, without the damage being visible to the user. A helmet has a limited lifespan in use and should be replaced when it shows obvious signs of wear. To avoid the risk of being injured by strangulation, children should not use this helmet on playground equipment.

Size adjustment: If the helmet is available in different sizes select the one which suits you the best. If the

helmet is provided with the Safe-T twist system (B1), turn the wheel clockwise until you reach the right fit, while the helmet is on your head. If the helmet is provided with Safe-T lite or Safe-T X (B2): squeeze the two adjusters and slide them backwards and forwards to achieve the right fit, while the helmet is on your head.

Strap adjustment: Adjustment of straps (Fig C). Adjust the position of the side loops (1) allowing the straps to run through so they position themselves underneath the earlobes (Fig A). Adjust under the throat (2). Allow the strap to run through the loop of the buckle (3). This final jaw adjustment must not be positioned on side of the jaw. To obtain the correct position it is possible to run the strap through the back anchorage (4) When the size adjustment and straps are fitted correctly the helmets should not move too far forward or backward on the head. Ensure that the helmet does not sit on the forehead or too far back (Fig A).

Cleaning: Use only mild soap and water to clean your helmet.

Caution: Helmets will be damaged if exposed to temperatures exceeding 50° C (120° F). Inside cars temperatures can exceed 80° c (180° f) on hot summer days.

Visor: If a removable peak is provided with the helmet, place it at the front of the helmet and fasten it with the "click-in" pins. On some models it is also possible to adjust the height of the peak through the central peak stem attachments (Fig.D).

Removable chin-guard: The purpose of the chin-guard is to offer extra protection for your face during off road rides, especially against branches and/or stones projections. It does not replace a full face

motorcycle type of helmet. If your helmet is provided with a removable chin-guard (Fig E): to wear the helmet without the chin-guard unscrew the two screws on each side of the helmet. You can further disassemble the chin-guard by unscrewing the two screws at the front of the chin-guard. The two pieces of the chin-guard will then fit easily in a small backpack. To wear the helmet with the chin-guard just reassemble it starting with the two front screws and fix it back onto the helmet with the side screws. Do not over-tighten the screws.

Original spare parts: Peak and pad sets are available through our retailers network worldwide. In case you are having difficulties in finding a MET spare parts dealer near you, it is also possible to purchase these items on line at: www.met-helmets.com

Warranty*: MET warrants its helmets for a period of three years from the original date of purchase to be free from defects in material or workmanship. Any MET helmet that is returned to the factory and is found by MET to be defective in materials or workmanship will be either repaired or replaced with the nearest helmet model in price, size and color available. Helmets returned for inspection must be sent in proper individual protective packaging, postage prepaid to the MET distributor in your country**, with a dated proof of purchase and a letter explaining the reasons for returning the helmet.

MET shall not be held liable for any indirect, special or consequential damages. The warranty does not apply to helmets which have not been used properly according to the met helmet owner's instruction manual. The warranty does not cover normal wear. The

warranty does not cover damages caused by accidents, abuse, negligence, incorrect adjustment, or for use other than that intended by the manufacturer. Any modification made by the user will render the warranty null and void. The warranty does not cover damages due to heat.

Replacement program*: If your MET helmet is damaged in a bicycle accident within three years from the original date of purchase, MET proposes to replace it at a reduced cost. To receive advice of the exact cost of a new replacement helmet, contact the MET distributor in your country**. Send the distributor the damaged helmet, postage paid, with an original and dated proof of purchase, a cheque for the amount requested for the replacement and a letter describing the accident. The damaged helmet will be replaced with the nearest model in price, size and color available in the current product line.

*This service is not available in all countries.

**if you do not know the distributor for your country please contact: warranty@met-helmets.com