

How to size Paul Conway™ 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 clockwise until the headband is snug, but not constricting. One click is approximately 1/8". If the headband needs to be tighter than what the initial adjustment allows, do the following:
 - a. Push in on the ratcheting wheel to release the positive lock on the ratcheting gear.
 - b. Turn ratcheting wheel clockwise while pushing in on the knob.
 - c. When you reach the desired circumference, the ratcheting wheel will pop out and the ratcheting gear will lock into place.
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 in the middle three holes. To expand or reduce the headband size, remove the helmet from your head and turn it upside down. Locate and remove the three black push pins on each side of the headband and discard the push pins. Insert new push pins (included with the helmet) to re-fasten the rear ratchet straps to the front of the headband at the desired headband circumference point. The smallest ratchet pin position can attain a minimum head size of 51/2. The largest pin position can expand to a maximum head size of 91/2.

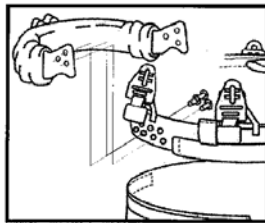


FIG. 2
Size Adjustment

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. Remove the helmet from your head, turn the helmet upside down and remove the ear covers.
2. Using your fingers, remove the headband from the shell/impact cap at each of the four attachment points. **(Fig. 4)**



FIG. 3
Helmet Ear Clearance



FIG. 4
Headband Detachment

3. Set headband brackets to desired position and snap the four attachment points 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.
5. Re-attach headband and ear covers.

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.

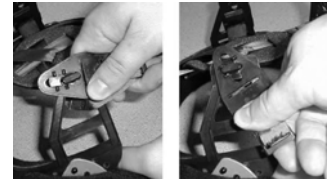


FIG. 5, FIG. 6
Headband Tab Repositioning

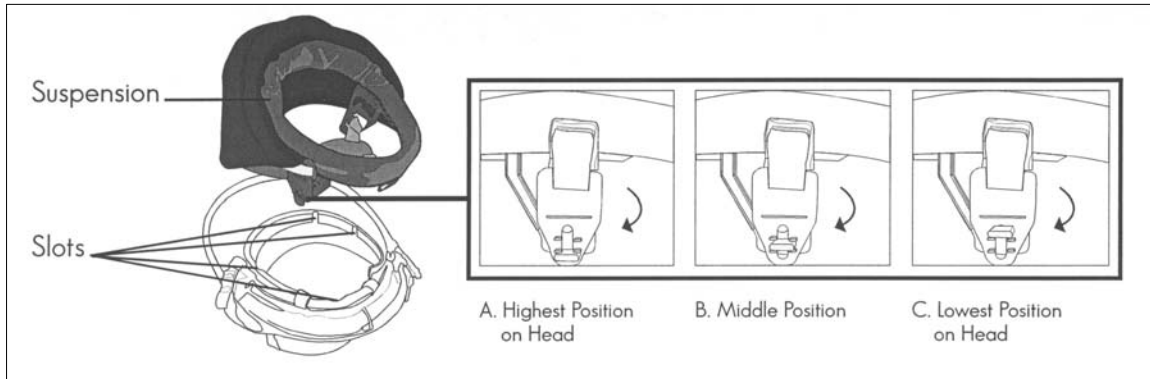


FIG. 7
Suspension Tabs

C. Center of Gravity Adjusting Suspension (Fig. 8)

The adjustment tab is just in front of the comfort cap. If you pull the tab, the comfort cap moves forward. 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.

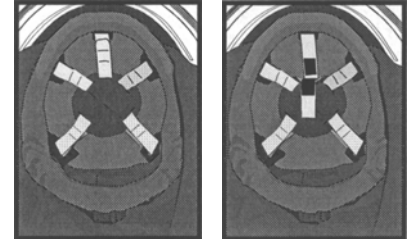


FIG. 8
Center of Gravity Adjustment

- 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.
- E. **Engage Faceshield/Goggles:** If present, lower faceshield into position before entering hazard zone. Make sure faceshield does not interfere with your SCBA facepiece when fully engaged. If no SCBA facepiece is present, engage 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 helmet, body, SCBA and collar.

If you have trouble or need special size considerations, contact your nearest authorized Lion Apparel helmet dealer or call Lion Apparel at 1-800-421-2926.