



BY NORTHERN DIVER

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HELMET MANUAL

# NORTHERN DIVER HELMET MANUAL

Thank you for purchasing this Northern Diver Helmet. To help ensure your future safety, do not use this product before reading this manual. It is important to fully understand its proper handling for safe usage.

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For the latest information about all Northern Diver Specialist Rescue Equipment please visit [www.ndiver-rescue.com](http://www.ndiver-rescue.com)

## Limited Impact Protection

Helmets cannot always protect against injury. Even a very low speed accident can result in serious injury or death. Any helmet subjected to a severe impact should be discarded and destroyed, even though damage may not be outwardly visible.

## Helmets cannot prevent all head injuries

Some head injuries are not caused by impacts at all, but by other forces. You can scramble an egg just by shaking it. You don't have to break the shell to destroy the contents. Helmets cannot prevent this type of injury.

## Helmets cannot protect what they do not cover

This helmet will not protect the neck or any areas of the head that it does not cover. It cannot guard against spinal or other bodily injuries that may result from an accident.

## Safety

This helmet has a limited life span in use and should be replaced when it shows obvious signs of wear. Do not modify or remove any original component parts of the helmet, other than as recommended by Northern Diver. Do not adapt the helmet for the purpose of attaching accessories, other than as recommended by Northern Diver.

Please exercise care and good judgment whenever you use your helmet.

## YOU SHOULD ALWAYS:

1. Wear your helmet low in the front to protect the forehead.
2. Fasten your buckle and tighten your chin strap.
3. Check your adjustments every time you wear your helmet.
4. Replace your helmet after an accident, even if no damage is visible.
5. Store your helmet in a cool dry place.
6. Wear a helmet designed for what you're doing.

## YOU SHOULD NEVER:

1. Wear a helmet that's been in an accident, even if no damage is visible.
2. Wear someone else's helmet.
3. Wear your helmet with the buckle unfastened.
4. Wear your helmet tipped back to expose your forehead.
5. Wear anything under your helmet that has not been recommended
6. Clean your helmet with chemical cleaners.

### Fitting the helmet to your head

In order for your Northern Diver helmet to work correctly, it must fit and be worn correctly. Follow these simple steps to learn how to properly fit and wear your helmet.

**Please note these instructions are a guide for your general use. Helmet components mentioned may not be exact to the helmet you have purchased but will be very similar. Illustrations are for reference and do not depict any particular helmet.**

### STEP 1: WEAR YOUR HELMET IN ITS PROPER POSITION

Always wear the helmet low in the front to protect the forehead (Fig. 1A). Never wear the helmet tipped back to expose your forehead (Fig. 1B).

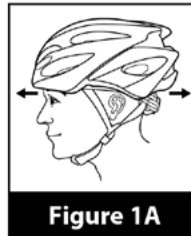


Figure 1A

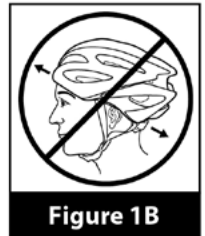


Figure 1B

### IMPORTANT

All fitting adjustments **MUST** be made with the helmet in the proper position.

Failure to do so will result in a poor fit.

This will allow the helmet to move out of position or come off in an accident.

### STEP 2: ADJUST THE STRAPS

To adjust the position of the straps:

A. Open the Cam-Lock adjusters (Figure 2). Put the helmet on and slide the straps through the adjusters until they are located in the correct position as indicated in (Figure 3).

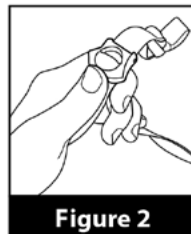


Figure 2

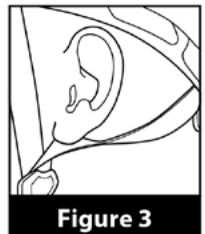


Figure 3

B. Make sure there is no slack in any of the straps when the adjusters are positioned correctly.

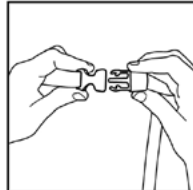
C. Close and lock the Cam-Lock adjusters. The front and rear straps should join at the point slightly below and in front of (but not covering) the ears (Figure 3).

### STEP 3: ADJUST THE CHIN STRAP

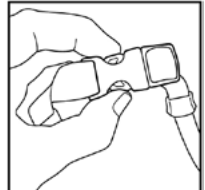
Always wear the helmet with the chin strap buckle fastened and the strap pulled tight.

Figures 4 and 5 show how to fasten and release the buckle. Make sure the strap is well back against the throat, NOT on the point of the chin. Straps worn on the point of the chin increase the chance of the helmet coming off in an accident.

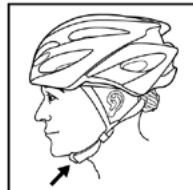
Figure 6 shows the proper position of the chin strap.



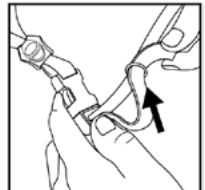
**Figure 4**



**Figure 5**



**Figure 6**



**Figure 7**

**WARNING!** Make sure the loose end of the strap passes through the rubber “O” ring (Figure 7). If it does not, the strap may slide loose and the helmet can come off accidentally.

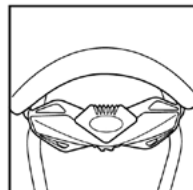
### STEP 4: GETTING THE CORRECT FIT

The helmet fits correctly when it is held firmly but comfortably in place by the interior fit pads and the fit system. Identify your helmet's fit system by matching it to one of the illustrations and follow the accompanying adjustment instructions.

#### ErgoDial Fit System

Follow steps 1–3 above.

Next, press the button on top of the ErgoDial (Figure 8) with your fingers and turn dial with your thumb clockwise to tighten, counter-clockwise to loosen (Figure 9) to a comfortable fit. The fit system should be snug, but not uncomfortably tight.



**Figure 8**



**Figure 9**

#### Geared Positions System (GPS) Fit System

Follow steps 1–3 above.

Next, find the GPS gear located at the back of your head at your occipital lobe (Figure 10). With your thumb, press the GPS dial upward and turn clockwise to tighten the fit. To loosen the fit, simply press the GPS dial upward with your thumb and turn counter-clockwise (Figure 11). The fit system should be snug, but not uncomfortably tight.



**Figure 10**



**Figure 11**

### **Twin Axis Gear (TAG) Fit System**

Follow steps 1–3 above.

Next, find the TAG gear located at the back of your head at your occipital lobe (Figure 12).

With your thumb, press the TAG dial upward and turn clockwise to tighten the fit. To loosen the fit, simply press the TAG dial upward with your thumb and turn counter-clockwise (Figure 13).

The TAG fit system is equipped with a height adjustment mechanism. Slide the fit system up or down in the helmet until it is in the most comfortable position for you (Figure 14).

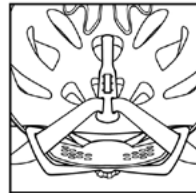
The fit system should be snug, but not uncomfortably tight.



**Figure 12**



**Figure 13**

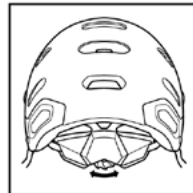


**Figure 14**

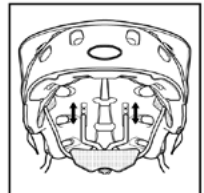
### **Speed Dial Fit System**

Follow steps 1–3 above.

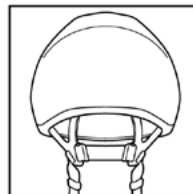
Next, find the Speed Dial gear located at the back of your head at your occipital lobe (Figure 15). With your thumb, press the Speed Dial upward and turn clockwise to tighten the fit (Figure 16). To loosen the fit, simply press the Speed Dial upward with our thumb and turn counter-clockwise. The Speed Dial fit system is equipped with a height adjustment option. Unsnap the pins and slide the arms up or down. Snap pins into the most comfortable position for you. The fit system should be snug, but not uncomfortably tight.



**Figure 15**



**Figure 16**



**Figure 17**

### **One-Step Fit System** (Figure 17)

Follow steps 1 and 3 above. The fit system should be snug but not tight.

## STEP 5: CHECKING THE FIT AND ADJUSTMENTS

Before using the helmet, make sure it fits correctly, the straps are correctly adjusted, and the chin strap is tight enough. Put the helmet on in the correct position. Fasten the chin strap and pull it tight.

**A.** Check the fit. Grab the helmet with both hands and twist it to the left and to the right. If the helmet fits right, the skin on the forehead will move as the helmet moves. If it does not, the helmet is too loose. Return to Step 4.

**B.** Check the straps. Grab the helmet with both hands and try to remove it by rolling the helmet forward and backward as far as you can. Make a serious effort.

**THIS IS IMPORTANT.** If you can roll it off the head completely in either direction, by rolling it forward so far that it blocks your vision, or backward far enough to expose the forehead, it doesn't fit correctly. Repeat Steps 2 and 3 until the helmet movement is minimal.



### WARNING!

**If you cannot adjust the helmet to fit properly according to Step 5, DO NOT USE THIS HELMET. Replace it with a different size or model. Return it to your dealer or contact Northern Diver for assistance.**

**Once you are satisfied that the helmet fits correctly and that all straps are properly adjusted and tightened, take a short test ride. Pay attention to overall comfort and helmet stability while riding. Make any minor adjustments to the fit pads and straps to improve comfort or stability.**

## HELMETS WITH VISORS

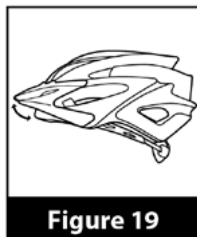
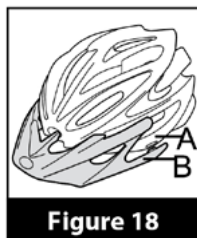
Some helmets come with removable Snap-On visors. To remove visor, follow these steps:

**A.** Pull the ends of the visor loose from the helmet and then lift away from the helmet.

**B.** To replace the visor, centre it on the helmet and then snap the pins (A) on the visor into the holes (B) in the helmet, Figure 18.

Some helmets come with a Variable Position Visor or a Goggle Compatible Visor. These visors offer a vertical angle adjustment by simply tilting the visor up or down to the desired position (Figure 19).

**CAUTION : DO NOT try to remove the visor by pulling forward on the centre. This will damage the helmet and the visor.**



## CARING FOR YOUR HELMET

**Cleaning:** Helmets can be damaged by many available cleaners, especially Petroleum based solvents. Clean the helmet using a soft cloth or sponge, warm water and mild soap.

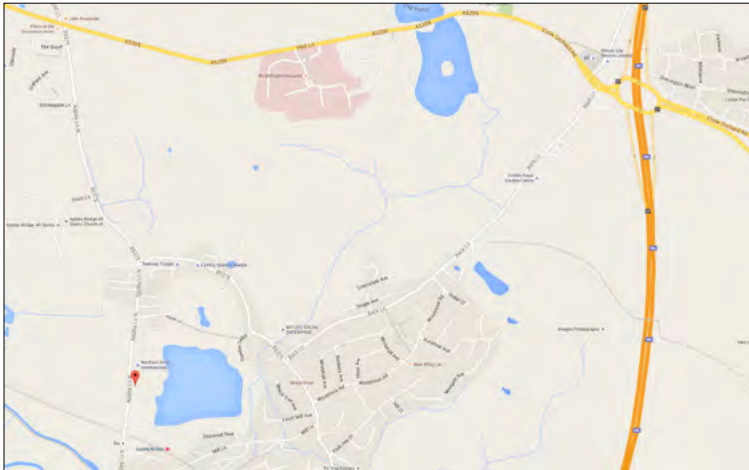
**Storage:** Excessive heat can damage the helmet. In direct sunlight, dark gear bags and automobile trunks can get hot enough to cause heat damage. Damaged helmets will appear to have uneven or bubbly surfaces.

**WARNING : DO NOT use heat damaged helmets.**

## WARRANTIES

Northern Diver warrants to the original purchaser of this product that the product is free of defects in material and workmanship for a period of one year from the original date of purchase. This warranty does not apply to defects of physical damage resulting from abuse, neglect, improper repair, improper fit, alterations, or use unintended by the manufacturer. If your helmet is found to be defective in materials or workmanship within one year from the date of purchase, Northern Diver can either repair or replace the helmet free of charge. Northern Diver does not warranty any helmet damaged due to heat or contact with solvents.

## Find us



We are happy to answer any questions you may have. We are located in Appley Bridge, Lancashire, UK - only 5 mins from the M6 motorway (J27). Manchester & Liverpool international airports are only 40 mins away. Wigan North Western rail station is 2 hrs & 3 mins from London Euston.

We are more than happy to collect clients and return them after their visit. Northern Diver International Ltd. East Quarry, Appley Lane North, Appley Bridge, Wigan, Lancashire, WN6 9AE, UK



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**View our extensive product range**

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