

# BICYCLE HELMET OWNER'S MANUAL



## **⚠ WARNING!**

A helmet has a limited lifespan in use and should be replaced when it shows obvious signs of wear.

Unless this helmet is fitted properly, adjusted properly, and worn properly, it cannot protect properly. Read and follow the instructions in this manual completely. Failure to do so could result in serious injury or death.

A



CORRECT



INCORRECT

B



## **LIMITED IMPACT PROTECTION**

No helmet can protect the wearer against all possible impacts. 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. When worn correctly, helmets can reduce or prevent many injuries. However, impact forces, even in low-speed accidents, can cause serious injury or death. Energy absorbing materials used in safety helmets are designed to crush on impact. Sometimes, the force can crush the material completely. When this happens, some of the blow is transferred to the head. If this force is great enough it can result in serious injury or death. Because the variables in every accident are different, it is impossible to predict how or when this might occur.

## **WARNING!**

Giant and Liv helmets are designed to be suitable to help protect against head injuries when participating in normal bicycling activities. They are not designed to help protect in other activities such as rock climbing, skiing, snowboarding, skateboarding, motorcycling, or high speed sports such as motorcycle racing, car racing, etc.

Helmets could be effected by extreme and prolonged exposure to heat or UV radiation though most helmets are not exposed to such extremes. Helmet materials are show to perform beyond 5 year suggested life in normal normal use.

## **HELMETS CAN'T PROTECT ALL HEAD INJURIES**

Some head injuries are not caused by direct impact, but are the result of severe back and forth shaking. Safety helmets are not designed to prevent this type of injury.

## HELMETS CAN'T PROTECT WHAT THEY DON'T COVER

Safety helmets do not protect the neck or any areas of the head that they don't cover. Make sure the helmet fits securely. The straps should be adjusted and tightly fastened to hold the helmet firmly in place.

### FOR MAXIMUM PROTECTION, YOU SHOULD ALWAYS:

- Wear a helmet whenever and wherever you ride, or a helmet of the proper size – designed for the sport in which you are participating.
- Ride safely, observing all traffic regulations.
- Wear the helmet low in the front to protect your forehead.
- Tighten the chinstrap and fasten all buckles securely.
- Check the adjustments every time you wear your helmet.
- Inspect your helmet and straps regularly for signs of wear or damage. Replace your helmet immediately if it shows any visible signs of wear or damage.
- Replace your helmet after an accident, even if there is no visible damage.
- Use mild soap and water ONLY when cleaning your helmet.
- Store your helmet in a cool, dry place.

### FOR MAXIMUM PROTECTION, YOU SHOULD NEVER:

- No attachments should be made to the helmet except those recommended by the helmet manufacturer.
- Never wear your helmet with the buckle unfastened.
- Never wear anything under your helmet.
- Never wear this helmet while riding a motorcycle or other motor vehicle.

## WARNING!

## HELMET FITTING

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 rearward to expose the forehead. Unless this helmet is fitted properly, and worn properly, it cannot protect properly. Follow these Five Simple steps to learn how to properly fit and wear your helmet. You will need a mirror.

Always wear a helmet low in the front to protect your forehead. See Figure 1 below for the proper way to fit a helmet.

### STEP 1: PROPER POSITIONING

Always wear a helmet low in the front to protect your forehead. See **Figure A** below for the proper way

to fit a helmet.

**IMPORTANT:** All fitting adjustments **MUST** be made with the helmet in the proper position. Failure to do so will result in a poor fit and might cause the helmet to move out of position, or come off, during an accident.

## STEP 2: ADJUSTING THE STRAPS

THE FRONT AND REAR STRAPS SHOULD JOIN AT A POINT SLIGHTLY BELOW AND IN FRONT OF THE EARS. SEE **FIGURE B** FOR CORRECT POSITION.

### **WARNING!**

If you cannot adjust the helmet so that it fits correctly according to these instructions, or so that it is comfortable, **DO NOT USE THIS HELMET**. Replace it with a different size or model.

### **WARNING!**

**NEVER use your helmet if you suspect that it has been damaged by heat or sun exposure.**

## BICYCLE SAFETY TIPS

1. Bicycling should be fun. Ride defensively; your safety is your own responsibility.
2. Wear your helmet no matter how short the ride. Accidents can occur anywhere, and at any time.
3. Watch carefully for drivers turning in front of you. Drivers have difficulty seeing bicycle riders in this situation.
4. Wear brightly colored clothing.
5. Obey all traffic laws.

### **WARNING!**

**BIKE HELMETS SHOULD ONLY BE USED FOR RIDING BICYCLES - NOT FOR PLAY ON PLAYGROUNDS.**

This helmet should not be used by children while climbing or doing other activities where there is a risk of hanging or strangulation if the child gets trapped whilst wearing the helmet. Children should always wear helmets while riding their bicycles, but remove the helmet when they are off their bike. The U.S. Consumer Product Safety Commission (CPSC) warns that there is a "hidden hazard" of strangulation when a child wears a bicycle helmet for activities other than riding a bicycle. The child's helmet may become hung up on playground equipment, trees or other fixed objects resulting in hanging.

## LIMITED WARRANTY

1-1 Giant warrants for the original purchaser of the Giant Helmet product to be free from defects in material and workmanship for the following specified periods:

provide a 2 year warranty for countries in the EU.

1-2 Limited remedy

(1) Warranty for 1 year

(2) According to the EU Product Warranty Directive, consumer goods sold in the EU are warranted for a period of 2 years from the original date of purchase. Giant will follow the EU product Warranty Directive to provide a 2 year warranty for countries in the EU.

#### 1-2 Limited remedy

(1) Unless otherwise provided, the sole remedy under the above warranty, or any implied warranty, is limited to the replacement of defective products with those of equal or greater value at the sole discretion of Giant. This warranty extends from the date of purchase, applies only to the original purchaser, and is not transferable. In no event shall Giant be responsible for any direct, incidental or consequential damages, including, without limitation, damages for personal injury, property damage, or economic losses, whether based on contract, warranty, negligence, product liability, or any other theory.

#### 1-3 Exclusions The above warranty, or any implied warranty does not cover:

(1) Normal wear and tear on parts

(2) Modifications from the original condition.

(3) Use of the product for the abnormal, competition and/or commercial activities or for purposes other than those for which the product was designed.

(4) Damage caused by failing to follow the product user manual/instruction.

(5) Paint finish and decal damage resulting from taking part in competitions, jumping, downhill and/or training for such activities or events or as a result of exposing the product to, or operating the product in severe conditions or climates.

#### 1-4 Attention

(1) Giant makes no other warranties, express or implied. All implied warranties, including the warranties of merchantability and fitness for a particular purpose are limited in duration to that of the express warranties stated above. Some states/countries of regulation do not allow the exclusion or limitation of damages; the above limitation or exclusion may not apply to you.

(2) Any claim against this warranty must be made through a Giant Authorized Retailer or distributor. Proof of purchase is required. Claim made outside the country of purchase may be subject to fees and additional restrictions. The subject item must be registered with Giant, by the purchase receipt or other proof of the date of purchase before a warranty claim may be processed.

(3) Warranty duration and details may differ by country. This warranty gives you specific legal rights, and those rights may vary from place to place. This warranty does not affect your statutory rights.

## WORLDWIDE INFORMATION

To find a current Giant distributor in your region or territory, please visit us online at [www.giant-bicycles.com](http://www.giant-bicycles.com)

To find a current Liv distributor in your region or territory, please visit us online at [www.liv-cycling.com](http://www.liv-cycling.com)

All Giant and Liv helmets are tested according to international standards for bicycle helmets, both in-factory and at certified thirdparty facilities.

**The helmet complies with EU 2016/425 EN1078:2012+A1 Helmets for pedal cyclist and users of skateboards and roller skates**

**The EU declaration of Conformity can be viewed and downloaded from <https://www.giant-bicycles.com/global/manuals>**

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