



HELMET SIZING CHART MODEL AR-10 111

SIZE	CENTIMETER	HAT SIZE	INCHES
XS	54-55	6 3/4 – 6 7/8	21 1/4 – 21 5/8
S	56-57	7 – 7 1/8	22 – 22 1/2
M	58-59	7 1/4 – 7 3/8	22 7/8 – 23 1/4
L	60-61	7 1/2 – 7 5/8	23 5/8 – 24
XL	62-63	7 3/4 – 7 7/8	24 3/8 – 24 3/4
XXL	64-65	8 – 8 1/8	25 1/4 – 25 5/8

PROPER FIT

⚠WARNING

Never buy a used helmet or borrow someone else's helmet. Over time the protective foam in helmets will adjust to the contours of a user's head. A used or borrowed helmet may not offer as much protection as a new helmet.

⚠WARNING

Wearing the wrong size helmet can increase your risk of serious injury or death in an accident. A helmet that is too large for your head may be dislodged or knocked off in an accident. To select the right size helmet for your head, follow these instructions:

1. **Measure your head.** Wrap a tape measure around your head about one inch (2.5 cm) above your eyebrows.
2. **Use the sizing chart** to select the helmet size that corresponds most closely to your head measurement. If your head size falls between two helmet sizes, try on the larger helmet first and then the smaller size. Click [here](#) to see the sizing chart.
3. **Try on the helmet** by grasping both chin straps to pull the helmet completely onto your head, ensuring that the top of your head is in contact with the top of the helmet interior.
4. **Check for a proper fit.** To make sure your helmet is the right size, check that:
 - a. The helmet inner lining fits snugly around your head.
 - b. The top pad presses firmly on your head.
 - c. The cheek pads contact your cheeks.
 - d. There is no space around your brow under the inner lining. Test this by trying to insert your fingers. If the helmet does not fit snugly, try on a smaller size.



5. Check your field of vision when trying on a helmet. Some helmets may obstruct or block your vision when looking left, right, up, or down. Always make sure you can see well enough to safely operate your vehicle.

6. Test the helmet fit by placing your hands on each side of the helmet. While holding your head as motionless as possible, try rotating your helmet from left to right then up and down. If you can feel the helmet padding sliding on your head, it is too big, try a size smaller. You should feel the helmet move the skin on your head and face as you try to move the helmet.

7. **Fasten the retention system** (chin strap) as tight as possible under your jaw without causing pain. There must be no slack in the strap, and the strap must be tight up against your jaw.
8. Test the retention system (chin strap)



9. Put your hands on the back of the helmet and try to push the helmet off by rotating it forward.
10. Put your hands on the front of the helmet above your forehead (or on the chin guard) and try to push the helmet off by rotating backward. If helmet comes off, try another size or another model or brand. Repeat steps 3 through 8 until you find a helmet that fits your head snugly and securely.