



## HELMET VISUAL INSPECTION GUIDE

IF YOUR HELMET FAILS ANY OF THE BELOW POINTS, YOU SHOULD CONSIDER REPLACING IT

### 01 THE HELMET SHELL

Look for significant scratches or dents that indicate an impact has taken place

### 02 START DATE

Check that the helmet is no more than four years past when it was first used

### 03 RETENTION SYSTEM

Look for fraying or loose stitches & check that the straps are securely-mounted

### 04 THE EPS HEADPIECE

If the foam has any dents or "spider-web" cracks replace the helmet

### 05 THE STUDS AND ATTACHMENTS

Check all the anchorages to ensure that they are properly secure

### 06 THE LINER

See that the liner holds air tight by leaving it inflated and closed for a period of time