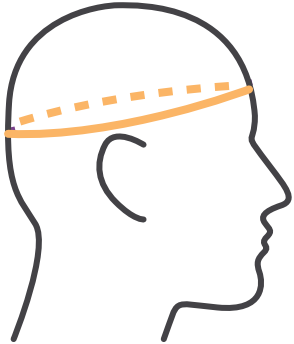


Size guide helmets

Q|ESSENTIALS
By QHP



Finding your size

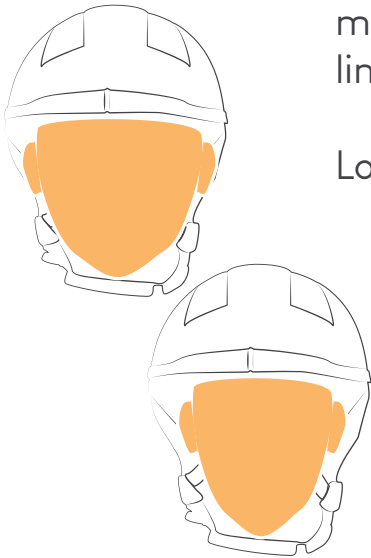
Find your helmet size by measuring the circumference of your head above the ear. The length in centimetres is your helmet size.

The right fit

After choosing the right helmet size, twist the knob on the back until the helmet is tight, but comfortable.

With the chin strap undone, shake your head up and down, left and right. If the fit is right, the helmet should barely move. If the helmet shifts, switch the lining with the other lining provided with the helmet. This should improve the fit.

Lastly, adjust the chin strap until it just touches your chin.



All QHP helmets are provided with a round lining in the helmet and an oval lining in the packaging. Try both and see which fits your head shape best.