



USER MANUAL – CRICKET HELMET

Safety Instructions

- **Ensure Proper Fit:** *The straps should form a "V" shape just below your ears, providing a comfortable and secure fit. A well-fitted helmet offers optimal protection.*
- **Preserving Safety:** *Do not modify your helmet in any way. Altering the helmet can compromise its safety features and reduce its effectiveness in protecting you from injury.*

Wearing a Cricket Helmet

- **Level Placement:** *Place the helmet level on your head, ensuring it covers your forehead.*
- **Front Edge Alignment:** *The front edge should be approximately an inch above your eyebrows.*
- **V-Strap Positioning:** *Pull the straps around your ears to form a "V" shape. Ensure a snug fit by adjusting the V-strap on your helmet.*
- **Fit Test and Vision Check:** *Shake your head side-to-side and up-and-down to ensure the helmet stays securely in place. Also, ensure you have sufficient vision through the helmet's visor. If the helmet moves excessively or obstructs your vision, readjust the straps.*

GENERAL USAGE TIPS

- **Essential Protection:** *A cricket helmet is crucial safety gear designed to protect your head during play.*
- **Regular Replacement:** *Replace your helmet every few years or immediately after a significant impact, such as a direct hit from a cricket ball.*