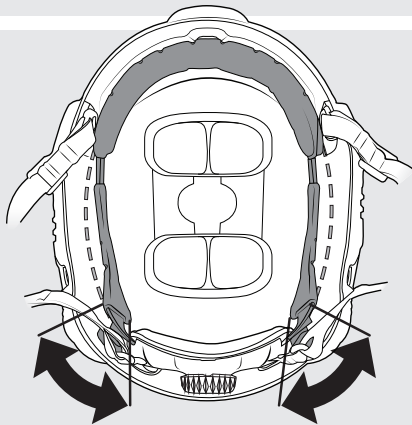
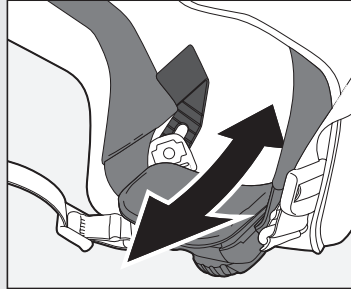


FIT & ADJUSTMENT

6 ADJUST FITBAND HEIGHT

- Put the helmet on and turn the dial to tighten the fitband until it feels secure. Look up at the sky. If the dial digs into your neck, it is too low.
- You can adjust the height of the dial by sliding the rear fitband liner tabs that attach it to the inside of the shell up and down.
- Set the dial at the height that is most comfortable for you.

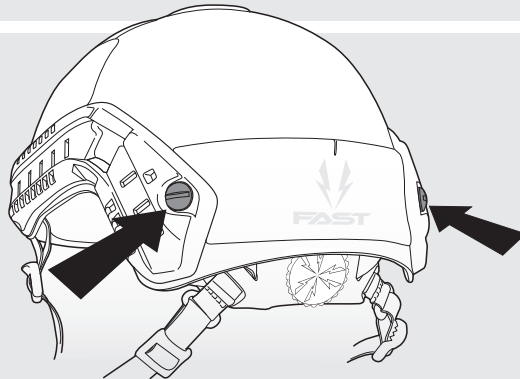


7 "PRE-LOAD" THE FITBAND

- You can set the shape of the fitband to match the shape of your head for long term comfort.
- Push or pull the rear fitband liner tabs (used for height adjustment in step 6) to adjust the fitband tension from a round to more oval shape.
- Hold each rear fitband liner tab with your hand in the location that sets the fitband tension in the optimal shape and then tighten the back screws to lock the tabs in place.

8 TIGHTEN BACK SCREWS

- Tighten the back screws to lock the rear fitband liner tabs, chinstrap and side rails permanently in place.
- If you don't do this, all of the adjustments you just made will slip and the helmet will likely come apart.



REPLACEMENT FRONT EPP PAD INSTALLATION INSTRUCTIONS

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**FOR ALL FAST HELMETS
AND ACH LINER KITS**

HELMET SIZE

S/M
60-98-123



M/L
60-98-143



L/XL
60-98-153



XXL
60-98-183



LINER KIT SIZE

M
60-98-133



L
60-98-163



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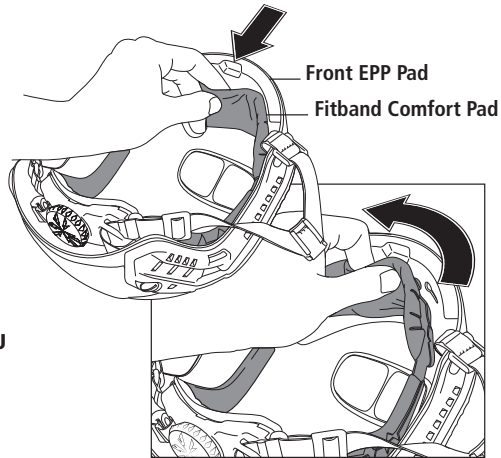
OLD EPP PAD REMOVAL

NOTE: The FAST Ballistic High Cut Helmet is used for reference drawings throughout this Installation Manual. Your helmet version may vary.

1 DETACH FITBAND

Place your index finger behind the center of the Fitband Comfort Pad and carefully bend away from the Front EPP Pad as shown. Pinch the Fitband Comfort Pad and use your thumb to slide the pad sideways 1/2" towards the center of the helmet along the Front EPP Pad. Repeat on both sides until the pad is released from the key slots.

NOTE: DO NOT PULL THE FITBAND COMFORT PAD AWAY FROM THE FRONT EPP PAD OR YOU MAY BREAK THE FRONT EPP PAD KEY SLOTS.

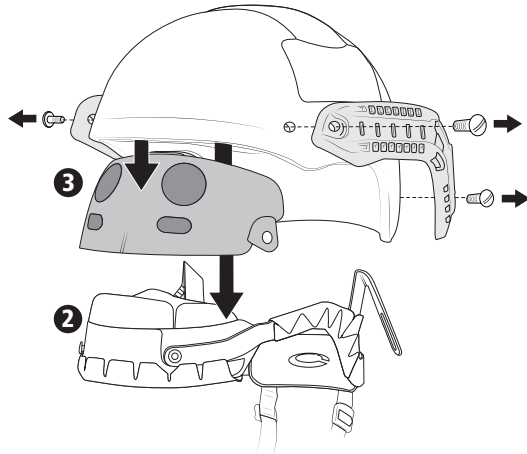


2 REMOVE FITBAND

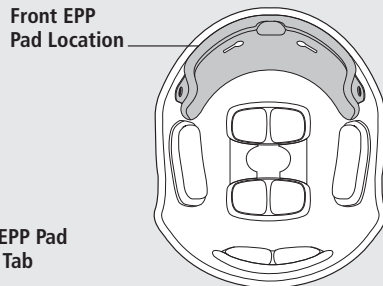
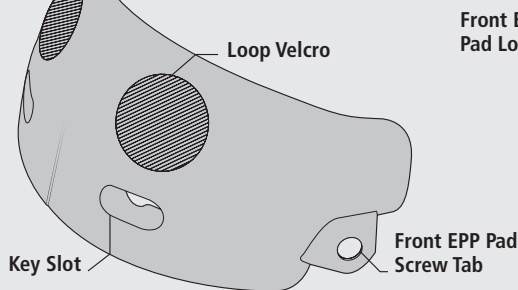
Unscrew and remove all four screws and T-Nuts. Once removed, the Fitband will no longer be attached to the helmet. This will also release the FAST Side Rails (ARCs). Set them aside with the hardware.

3 REMOVE OLD FRONT EPP PAD

Old Front EPP Pad will still be attached to the inside of the shell by Hook and Loop Velcro®. Carefully peel Front EPP Pad away from helmet shell to remove.



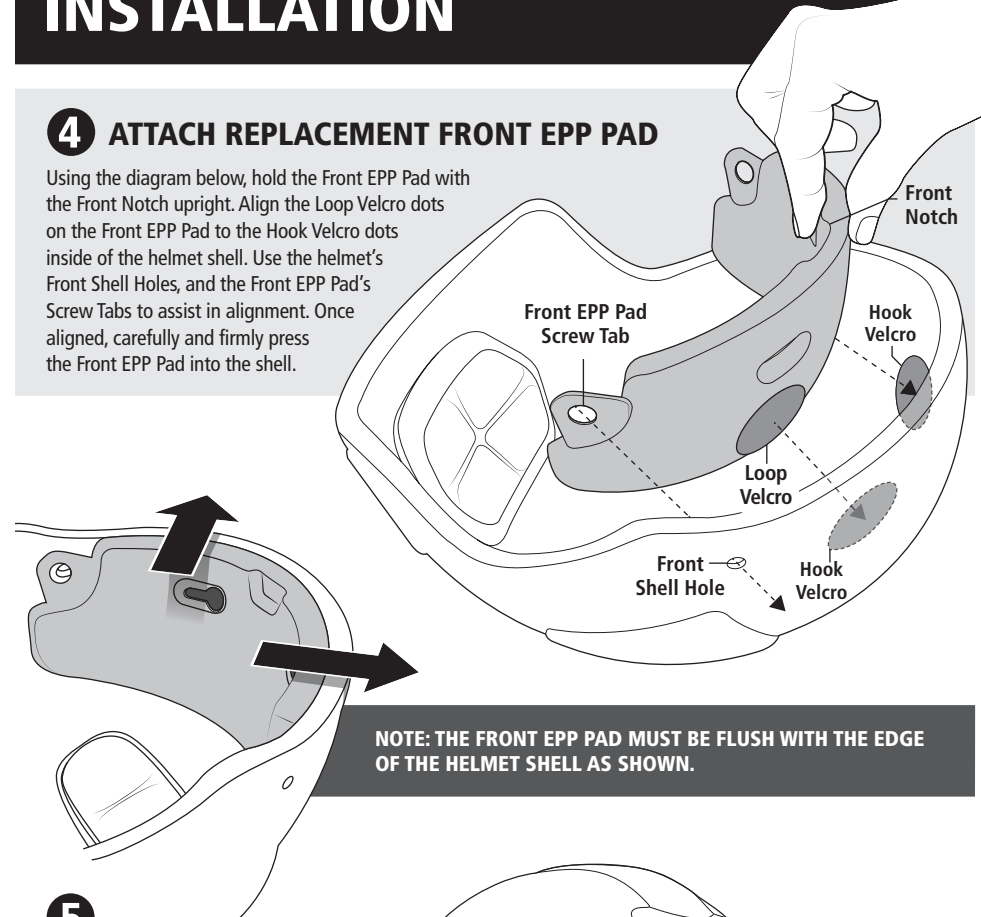
REPLACEMENT FRONT EPP PAD KIT:



INSTALLATION

4 ATTACH REPLACEMENT FRONT EPP PAD

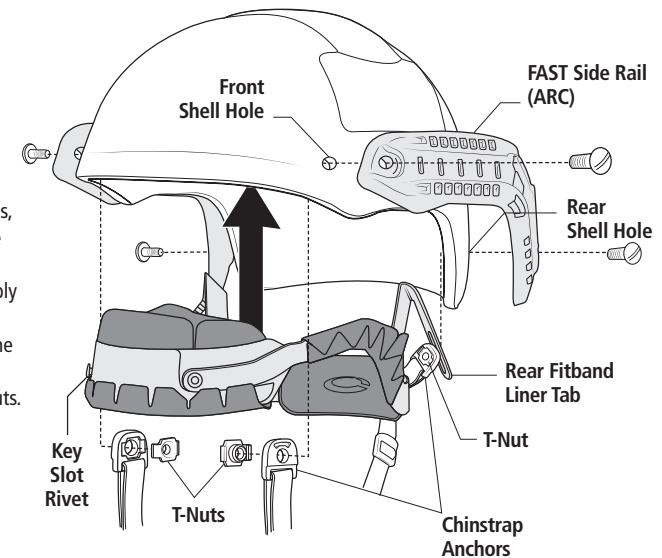
Using the diagram below, hold the Front EPP Pad with the Front Notch upright. Align the Loop Velcro dots on the Front EPP Pad to the Hook Velcro dots inside of the helmet shell. Use the helmet's Front Shell Holes, and the Front EPP Pad's Screw Tabs to assist in alignment. Once aligned, carefully and firmly press the Front EPP Pad into the shell.



NOTE: THE FRONT EPP PAD MUST BE FLUSH WITH THE EDGE OF THE HELMET SHELL AS SHOWN.

5 REASSEMBLY INSTRUCTIONS

Place Fitband Liner inside of helmet shell. Align FAST Side Rails, Chinstrap Anchors, and hardware to the Chinstrap Holes in your FAST Helmet. For the rear assembly include the Rear Fitband Liner Tabs as shown. Place T-nuts on the inside of chinstrap anchors and loosely fasten all screws and T-nuts. Once all components are loosely assembled, use a screwdriver to tighten the two front screws. Reattach fitband by placing fitband's Key Slot Rivets into key slots on the Front EPP Pad.



NOTE: LEAVE REAR SCREWS LOOSE BEFORE EXECUTING INSTRUCTIONS ON BACK.

CONTINUE INSTRUCTIONS ON BACK