

GENERAL INFORMATION:

WARNING: This industrial and climbing helmet is designed to be worn during work at high altitudes, ground work and climbing. The helmet covered by this manual is a category II Personal Protection Equipment, and as such has been subject to an CE type inspection procedure with application of the requirements of Annexes V and VI of EU Regulation 2016/425. The CE type-approval procedure was carried out by Notified Body n° 2754, ALIENOR Certification, ZA du Sanital 21, Rue Albert Einstein 86100 Chateaurault, France. The AS/NZS type-approval procedure was carried out by SAI Global, Level 37/680 George Street, Sydney NSW 2000, Australia. This helmet complies with the following standards:

- EN12492 only if the chinstrap used is the one with the EN12492 label.
- EN 397+A 1:2012 only if the chinstrap used is the one with the EN397 label, or if the helmet is used without a chinstrap.
- AS/NZS 1801:1997 for all chinstrap variations.

It meets the following optional requirements of EN 397: resistance to lateral deformation, conforms to electrical insulation (only when not equipped with holes). Before each use, the user must check that the chinstrap used is suitable for the work to be carried out. It is the user's responsibility to check this. You are responsible for your actions, decisions and safety and assume the consequences. If you are not in a position to assume this responsibility, or if you have not fully understood the instructions for use, do not use this equipment. This helmet offers the best possible protection for the head, but it is not indestructible and the risk of injury in the event of an accident cannot be excluded. No helmet can protect the wearer from all accidents. This helmet is manufactured in such a way that the energy developed during an impact is absorbed by the destruction or partial deterioration of the shell and straps; even if such deterioration is not immediately apparent, any helmet that has been subject to a major impact should be replaced. This helmet has been designed to protect the head and can under no circumstances protect the cervical vertebrae, spine and the rest of the body from injury resulting from an accident. This helmet must be used only and strictly for the activity for which it has been approved (see marking). Read this manual carefully before using your helmet to familiarize yourself with its features, care and conditions of use. Keep these instructions throughout the life of the helmet and make sure you check the fit of your helmet each time you use it. For optimum protection, follow these instructions :

HEAD CIRCUMFERENCE ADJUSTMENT:

To ensure proper protection, this helmet must be fitted or adjusted to the user's head size. Position your helmet correctly on the head: the helmet is correctly positioned if it is horizontal on the head and well-placed. It should not be worn too low on the forehead so as not to impede peripheral vision and should not be worn too low on the nape of the neck to protect the forehead (see picture 1).

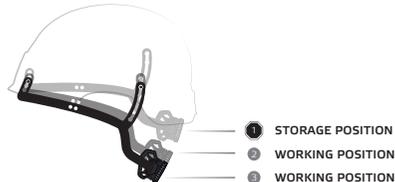
For each helmet equipped with a micro adjustable wheel, the helmet can be adjusted to the circumference of the head. Turn the adjustment wheel to adjust the inner diameter of your helmet to the diameter of your head (see picture 2). To check that your helmet fits properly, shake your head: your helmet should not move forward, backward or sideways (see picture 2).

At the front, the head circumference at the forehead can be adjusted up and down, 3 possible positions.

At the back, the head circumference can be adjusted from top to bottom for perfect positioning.

On the sides of the head circumference, at the junction of the head circumference at the level of the slots of the hearing protections, the 2 parts can be unclipped and repositioned (2 possible positions to enlarge, or reduce the circumference of the head circumference).

At the back, the head circumference can be adjusted up and down to be perfectly positioned. Caution, there are 3 positions: 1 storage position to avoid damaging the adjustment wheel and 2 working positions. (See picture below). The storage position should not be used when using this helmet.



- ① STORAGE POSITION
- ② WORKING POSITION
- ③ WORKING POSITION

STRAP ADJUSTMENT:

When wearing a helmet for the first time, adjust the webbing straps so that they are tight below the ears. Adjust the crossover buckles so that the straps form a "Y" under the earlobe (see picture 1), without covering it. The strap should go under the jaw, against the throat. The buckle must not rest on the jaw. The tightness of the strap must be adjusted: neither too tight nor too loose.

To check that the straps are tight, put on the helmet and close the buckle. Open your mouth. You should feel the resistance of the strap against your throat. Then try to pull the helmet from the front or the back, it must not move. If the helmet comes off, increase the tension of the straps and check whether you have used foam of sufficient thickness. The helmet must not be able to move forward or backward unusually (see picture 3 and picture 4).

CHANGING STRAPS:

The chinstrap used must be chosen based on a risk analysis carried out beforehand by the user.

To change the chinstrap, start by unclipping the 4 clips of the chinstrap already in place on the helmet by pressing on the tabs of the clips coming out of the anchorage of this clip.

Lay the desired chinstrap flat, and position it in a cross (see image 6) so that you can identify the front and rear clips (marked F on the front clip and B on the rear clip).

Then start by clipping the rear clips, the left rear clip is marked B-L and the right rear clip is marked B-R. Then clip the 2 front clips by checking that the straps are not screwed.

Before use, check that all the clips have been correctly clipped to the anchors. Then adjust the chinstrap as described in the previous chapter. (picture 5)

As per AS/NZS standards harness replacements must be done with a complete harness, else faults will occur.

INSPECTION:

In addition to the normal visual inspection to be carried out before each use, a qualified inspector must perform a complete examination of the helmet at least once a year. Each inspection must be noted on a control sheet, with detailed references including: type, model, manufacturer's information, batch or serial number, date of purchase, expiration date and first use, date of inspection and any comments. Never remove labels or symbols, and make sure they are legible. If you find nicks, abrasion marks, or other damage, contact the manufacturer for inspection before using the helmet.

MAINTENANCE:

The inner foams are removable and hand washable (warm water, solvent-free cleaning products). This also applies to the visor. To clean, maintain or disinfect the helmet, use only substances that cannot have any harmful effects on the helmet and are not known to have any harmful effects on the wearer when applied in accordance with the indications and information provided by the manufacturer in these instructions.

Users' attention is also drawn to the danger of modifying or removing any of the original components of the helmet, except for those modifications or removals recommended by the helmet manufacturer. These helmets should not be used with fasteners not included in the manufacturer's recommendations. Use only lukewarm water and mild soap. Never use solvents, flammable products (alcohol, etc.), other detergents, chemicals or other flammable substances and abrasive materials.

Repairs, if possible, should only be carried out by the manufacturer or a competent person, expressly authorized by the manufacturer, in accordance with the procedures in effect.

TRANSPORT / STORAGE:

The helmet should be stored in a dry place. The helmet must never be exposed to temperatures above 50°C and below -30°C, which would cause it to lose its protective qualities. Never leave it behind a car window or near a heat source. If this happens, throw away your helmet as it may be damaged without being visible. Do not apply any paints, solvents, adhesives or self-adhesive labels, except those recommended by the helmet manufacturer's instructions. These materials may have consequences on the stability and effectiveness of the helmet's protective qualities. Never modify the helmet or use it for any other purpose. Use only original spare parts. In the event of an impact, whether in use or not, the helmet must be discarded even if the damage is not apparent. For optimal storage, store the headset in its original packaging completely dry at room temperature in a well-ventilated room. A protective cover when supplied by the manufacturer may also be used. Do not expose the helmet to chemically aggressive substances, persistent dust or dirt, or environments with high salt concentration. During transport, avoid compression, direct sunlight and contact with sharp objects.

ACCESSORIES:

To transport, use the supplied protective cover or, if not available, packaging that preserves the integrity of the product. Any change, replacement and/or removal of one or more original components of the helmet is prohibited unless expressly authorized by the manufacturer. Use only original replacement parts. The headset must not be modified to add accessories other than those described below. If in doubt, contact your dealer or the manufacturer directly.

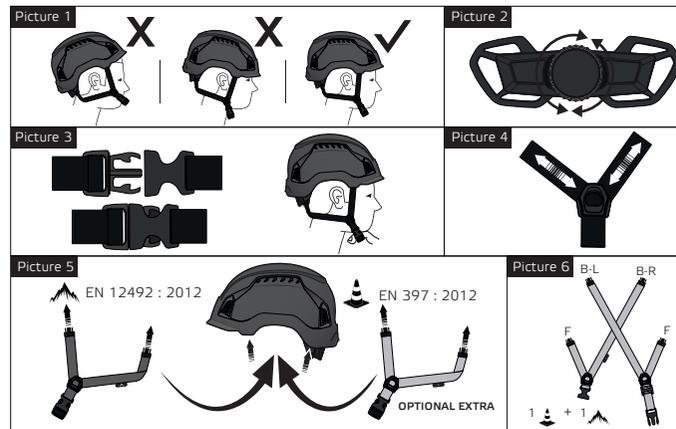
Compatible accessories: Visor and visor protector mounting adapters / Reflective labels / Helmet cover (protective or custom helmet cover) / Neck protection / Hearing protection / Eye protection visor (EN166) (Clear or with sunscreen) / Face shield (EN166) / Plastic mesh visor (EN1731) / Metal mesh visor (EN1731) / Replacement liner / Lamp / Clips. Check with your dealer or manufacturer to see if the accessories listed above are available. Follow the installation and operating instructions supplied with the accessory.

LIFE CYCLE:

This helmet has a limited life time regardless of any optional requirements claimed, and should be replaced at the first sign of wear and tear, shock, or if it no longer fits. Please check your helmet for visible damage at regular intervals. The lifetime of the product is 6 years from date of first use and (taking into account storage) in any case must not exceed the eighth year from date of manufacture (i.e. 6/2021, lifetime until 6/2029, or the sixth year from first use, whichever comes first).

The manufacturer cannot be held responsible for any direct or indirect damage. The warranty does not apply to helmets that have not been used according to the instructions in this manual. The warranty does not cover normal wear and tear. The warranty does not cover damage caused by accident, negligence, mistreatment, maladjustment, or use other than that intended by the manufacturer. Any modifications made by the user will void the warranty. The warranty does not cover damage resulting from exposure of the helmet to excessive temperature.

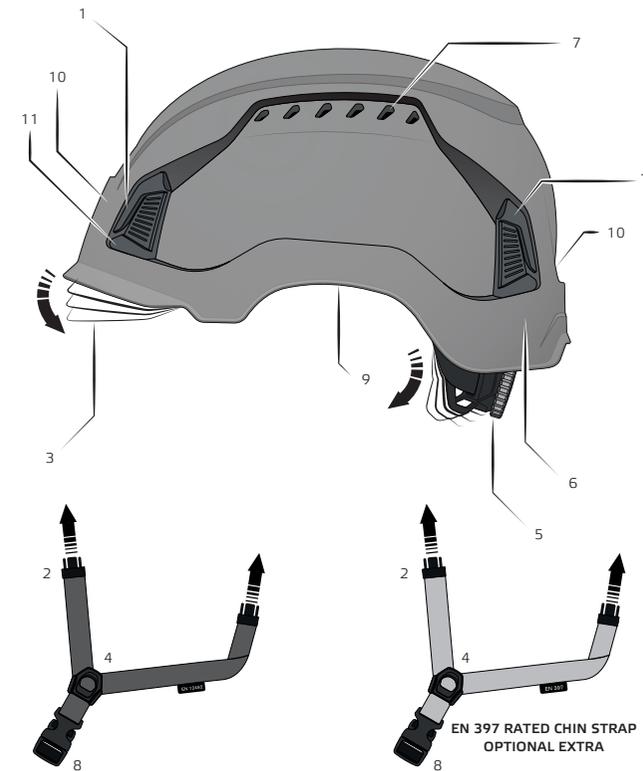
Declaration of conformity: You can find the declaration at zeroheightsafety.com

**ANATOMY OF THE HELMET**

- | | |
|--|--|
| 1 - Hooks for headlamp | 7 - Ventilation holes |
| 2 - Detachable straps | 8 - Chinstrap fastening buckle |
| 3 - Height adjustable front foam | 9 - Side slots for fixing the hearing protection |
| 4 - Chinstrap adjustment buckle | 10 - Front and rear slots for fixing the lamp |
| 5 - Head circumference adjustment dial | 11 - Lateral visor fixing inserts |
| 6 - Shell | |

- ⚡ 440 V C.A : Electrical Isolation
- ↔ LD : Lateral Deformation

If one of these symbols is marked on the helmet label, it means the helmet complies with this option.

APEX
X2SAFETY HELMET
INSTRUCTION MANUAL
ZAX201 VENTEDEN 397 RATED CHIN STRAP
OPTIONAL EXTRAAS/NZS 1801:1997
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