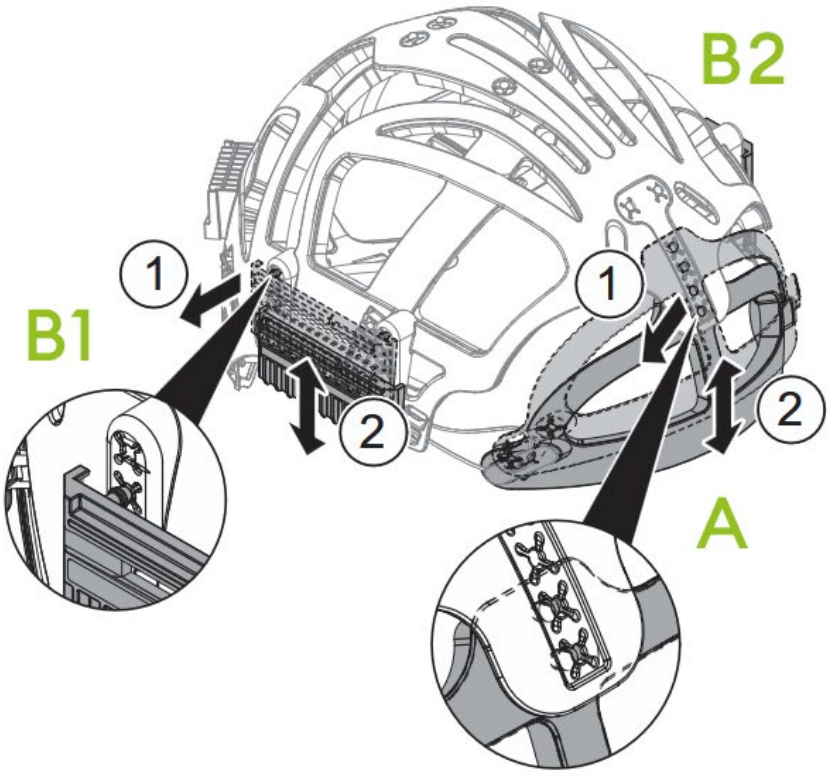
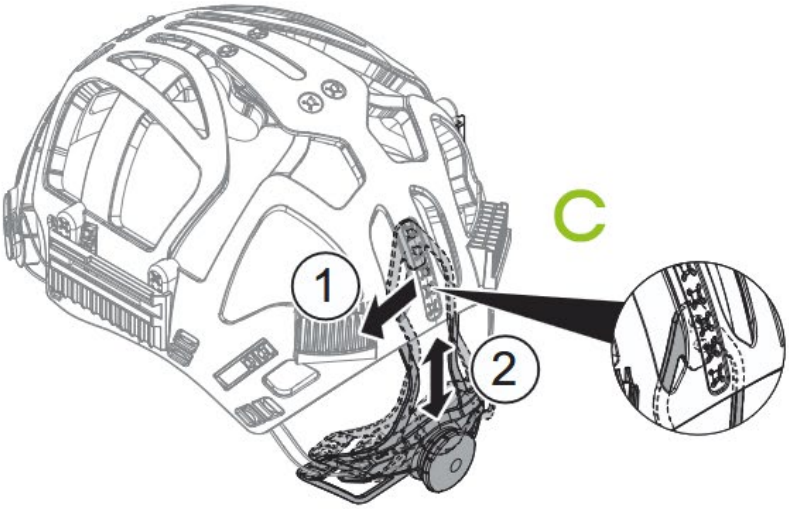
Step-by-step guide to adjusting the IsoFit® (X) headband and helmet position

To adjust the IsoFit® to the shape of your head, there are three (or four) mechanisms that can be adjusted as required.



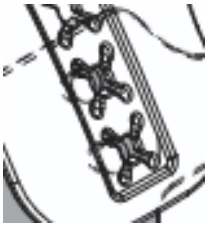


It is not necessary to remove the IsoFit® to carry out the adjustment. You can do this whilst the helmet is on or taken off.

Ideal fit

The ideal fit for the IsoFit® is snug against the head, but without causing any pressure points. It should not be worn too high on the forehead or too far back on the head. Similarly, the distance between the eyes and the anti-glare guard (ADF) must not be too great.
Bracket C should sit below the back of the head, just before the nape begins.

General adjustment method



Generally, the knobs for the respective adjustment must be pulled out and pressed into the desired position. This should be possible without using force.

It usually takes a few attempts to get the settings just right.

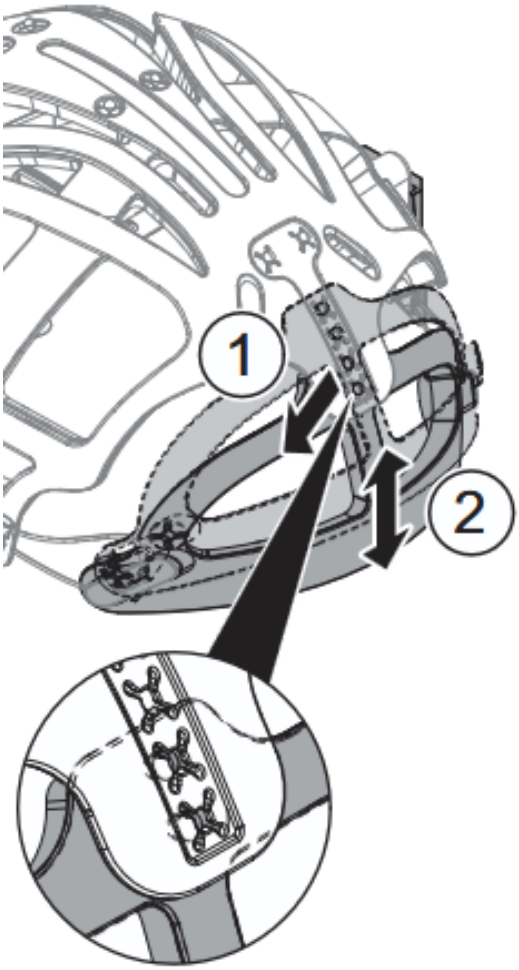
Difference between IsoFit® and IsoFit® X

There are no differences between the two models, the IsoFit® and IsoFit® X, in terms of adjustment options. The procedures described are therefore the same for both.

Individual adjustments

To achieve the ideal fit, components A, B1, B2 and C can be adjusted differently.

A:



First, detach the forehead strap from the main body.

For those with a higher forehead or a more oval face shape, the lower holes are generally used.
The upper holes are recommended for smaller faces and those with a smaller forehead area.

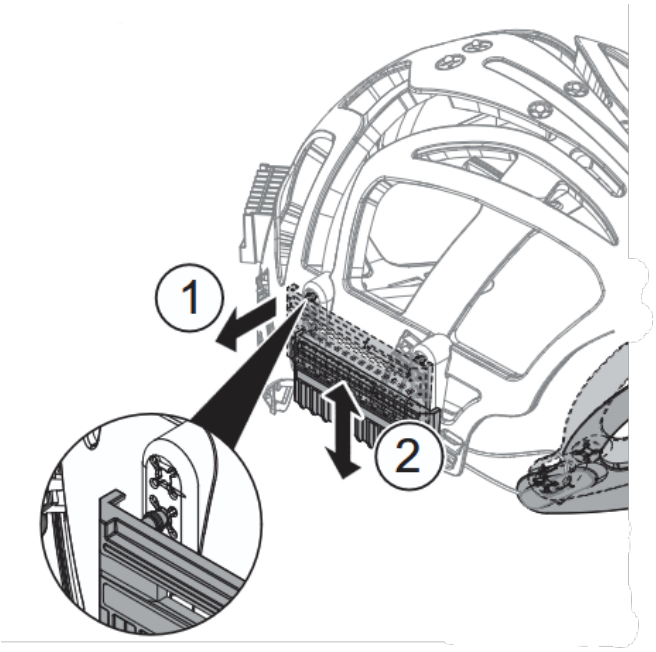
Press the studs back into the holes at the desired position.

The lower part of the forehead strap should sit above the eyebrows.

B:

For B1 and B2, the adjustments must be made on both sides. Ultimately, B1 and B2 should have the same settings to ensure the fit and weight distribution are correct.

For B, two different functions are adjusted:



First, the height of the helmet is adjusted.

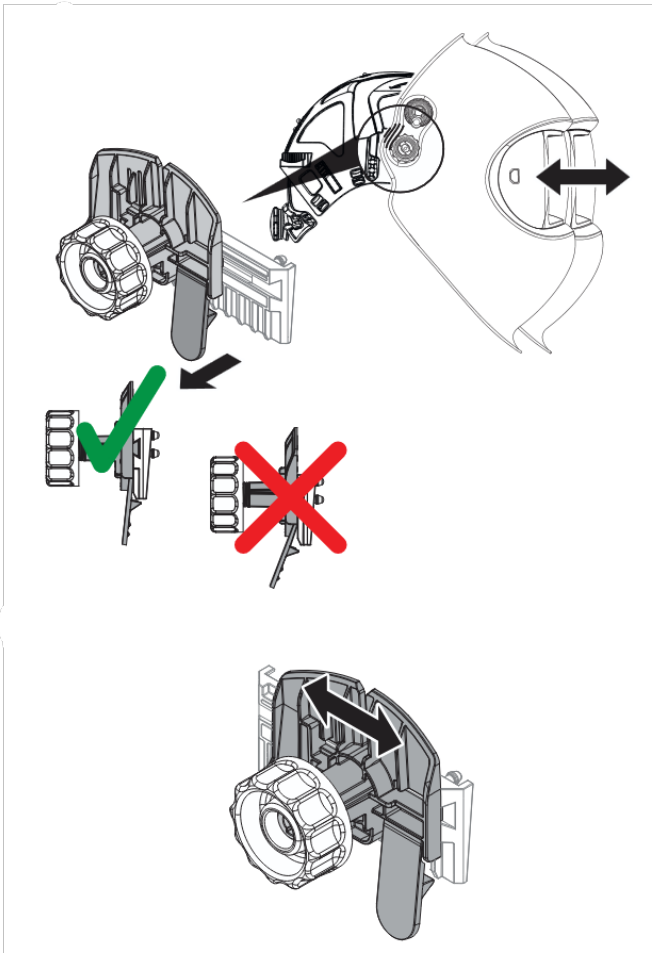
To do this, loosen the mounting block and reinsert it into the desired holes. The same holes should be selected on both sides.

The higher the mounting block is positioned, the higher the helmet itself sits. A good height is achieved when your line of sight passes straight through the centre of the anti-glare guard (ADF). For oval head shapes, the mounting tends to be set lower down. For narrow or flat heads, the upper holes are more suitable.

You can then adjust the distance between the helmet and the anti-glare guard (ADF) and your face.

A rail is fitted to the mounting block for this purpose.

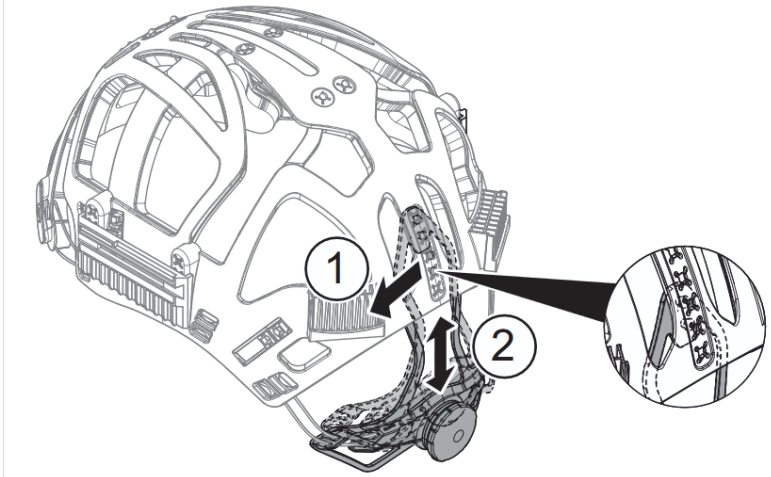
It is best to make this adjustment whilst wearing the helmet. To do this, use your thumbs to pull the locking pin (to the right of the button on the inside) outwards and move the helmet shell forwards or backwards. Then push the two locking pins back in to secure the helmet.*



*Note: Older IsoFit® models do not have a locking pin. In this case, the button can be loosened slightly to make the adjustment and then tightened again afterwards.

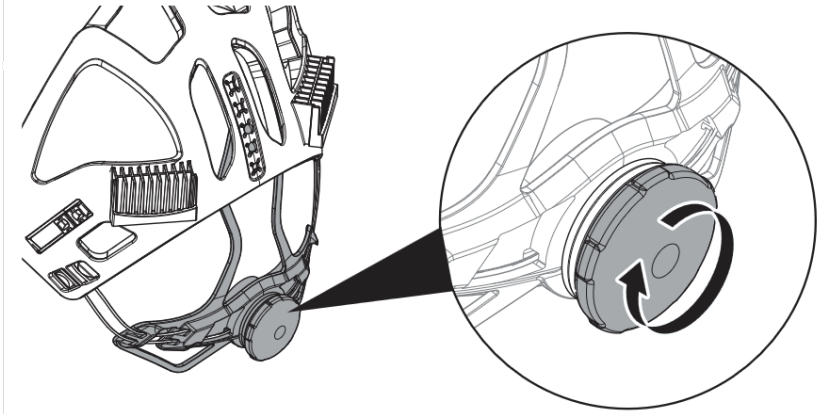
C:

The third adjustment is crucial for ensuring the helmet sits securely.



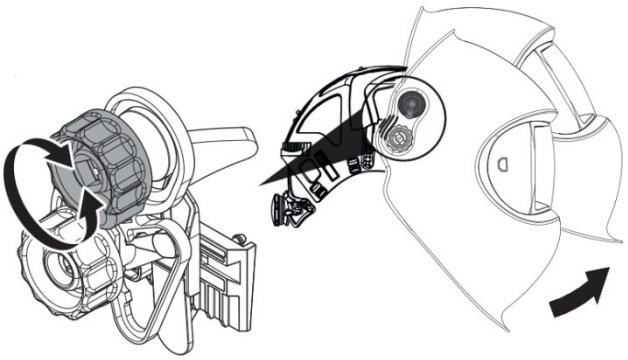
First, adjust the height of the bracket. To do this, secure the bracket to the desired holes on the main body of the IsoFit®.

The height depends on the volume of the back of the head. The greater the volume, the lower the setting is likely to be. The bracket should ultimately sit below the back of the head, just before the nape begins. However, the helmet should, above all, fit comfortably.



To tighten and secure the helmet, turn the dial clockwise until the fit is firm but not too tight.

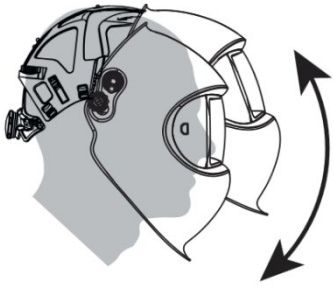
To remove the helmet, turn the dial approximately 30° anti-clockwise to loosen the wire thread. The fastener can then be pulled away by hand.



Eccentric adjuster

The eccentric adjuster helps to adjust the helmet's tilt angle. The upper knob can be used to adjust the tilt of the helmet shell upwards or downwards.

The aim of this adjustment is once again to ensure a straight line of sight through the visor to the work area.



Fit test

If the fit appears secure and comfortable, a quick fit test is recommended. To do this, tilt your head back, forward towards your chest and to the side. The helmet should remain securely on your head even when you shake your head moderately.

If all adjustments and tests have been successful, the IsoFit® is set up perfectly. You can now make further adjustments to the helmet or start your next project.

If you have any questions or require further clarification, please feel free to contact our support team: **support@optrel.com**