LAZER G1 MIPS

LAZER G1 MIPS Road Bike Helmet User Manual

Model: G1 MIPS

1. Introduction

This manual provides essential information for the proper use, setup, maintenance, and care of your LAZER G1 MIPS Road Bike Helmet. The LAZER G1 MIPS helmet is designed for adult cyclists, offering high performance and protection with advanced ventilation features. It incorporates the Multi-Directional Impact Protection System (MIPS) to enhance safety by redirecting energy during certain impacts.

The G1 MIPS helmet is engineered to be lightweight and features the Superlight ARS Fit System for a comfortable and secure fit. Please read this manual thoroughly before using your helmet to ensure optimal performance and safety.

Figure 1.1: LAZER G1 MIPS Road Bike Helmet (Black, Small)

2. Safety Information

Your safety is paramount. Always wear your helmet correctly and ensure it is properly fitted before every ride. This helmet is designed to reduce the risk of head injury in certain types of impacts, but it cannot protect against all possible impacts. No helmet can protect the wearer from all foreseeable impacts.

- **Proper Fit:** Ensure the helmet fits snugly and comfortably. It should not move freely on your head. Refer to the "Fitting Your Helmet" section for detailed instructions.
- **Strap Adjustment:** Always secure the chin strap tightly so that the helmet cannot be pulled off your head.
- **Impact Protection:** The MIPS system is designed to reduce rotational forces that can result from certain angled impacts. However, it does not guarantee protection against all types of impacts.
- **Damage:** Inspect your helmet for any signs of damage before each use. If the helmet has sustained an impact, even if no visible damage is present, it should be replaced immediately. The structural integrity may be compromised.
- **Chemicals:** Do not expose the helmet to solvents, paints, or other chemicals, as these can damage the helmet's materials and compromise its protective capabilities.
- **Storage:** Store the helmet in a cool, dry place away from direct sunlight and extreme temperatures.

3. Components and What's in the Box

Upon opening the package, please verify that all components are present and undamaged.

Box Contents:

- LAZER G1 MIPS Road Bike Helmet

- User Manual (this document)
- Optional comfort padding set (if included with your model)

Helmet Components:

- **Outer Shell:** Provides initial impact resistance.
- **EPS Foam Liner:** Absorbs impact energy.
- **MIPS Layer:** Internal low-friction layer designed to reduce rotational motion.
- **Advanced Rollsys System (ARS) Fit System:** Top-mounted dial for precise fit adjustment.
- **Straps and Buckle:** Secure the helmet to your head.
- **Padding:** Internal pads for comfort and fit.
- **Ventilation Channels:** Designed for airflow and cooling.

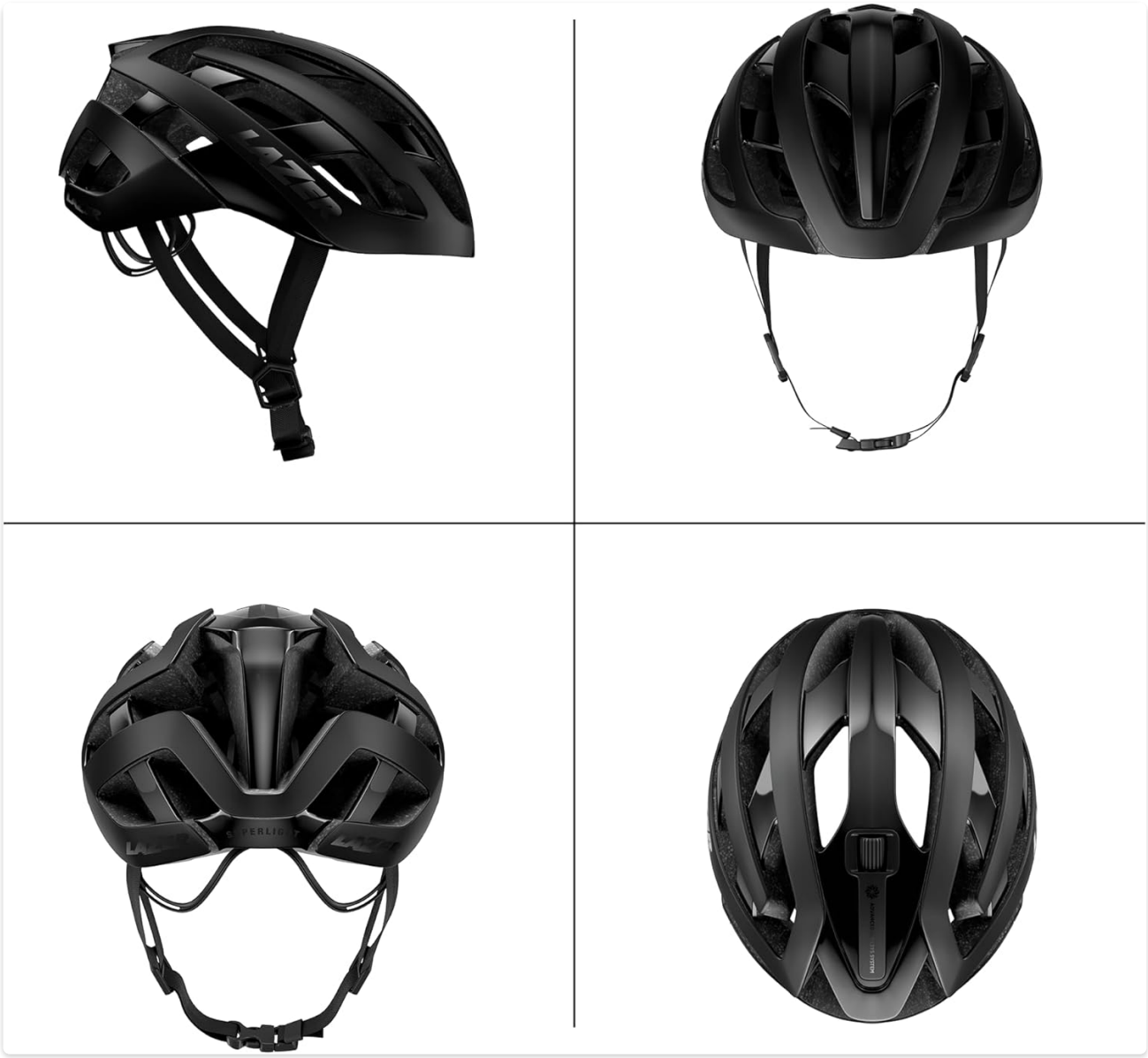

Figure 3.1: Various angles of the LAZER G1 MIPS Helmet, showcasing its design and ventilation.

4. Setup and Fitting Your Helmet

Achieving a correct fit is crucial for the helmet's effectiveness.

4.1. Sizing

Measure your head circumference approximately 2.5 cm (1 inch) above your eyebrows. Compare this measurement to the sizing chart below to select the appropriate helmet size. If your measurement falls between two sizes, it is generally recommended to try the smaller size first for a snugger fit.

LAZER Helmet Sizing Chart (Adult Road / Urban / MTB)

Brand Size	Head Circumference (CM)	Head Circumference (IN)
XS	50 - 54	19.7 - 21.2
S	52 - 56	20 1/2 - 22
M	55 - 59	21 2/3 - 23 2/9
L	58 - 61	22 5/6 - 24
XL	61 - 64	24 - 25 1/5
Unisize	54 - 61	21 1/4 - 24

4.2. Adjusting the Fit

1. **Position the Helmet:** Place the helmet squarely on your head so that the front edge is approximately 2.5 cm (1 inch) above your eyebrows. It should sit level, not tilted back or forward.
2. **Adjust the ARS Fit System:** The LAZER G1 MIPS features the Advanced Rollsys System (ARS). Locate the dial on the top of the helmet. Turn the dial clockwise to tighten the fit system, drawing the helmet snugly around your head. Turn counter-clockwise to loosen. Adjust until the helmet feels secure without causing uncomfortable pressure points.
3. **Adjust the Straps:** The side straps should form a "V" shape just below your ears. Adjust the strap sliders to ensure this position.
4. **Secure the Buckle:** Fasten the chin strap buckle. Tighten the strap until it is snug under your chin. You should be able to open your mouth wide, but the strap should not be loose enough to allow the helmet to shift significantly.
5. **Check the Fit:** Once adjusted, try to move the helmet from side to side and front to back. It should feel snug and move your scalp slightly. If it slides easily, readjust the ARS system and straps.

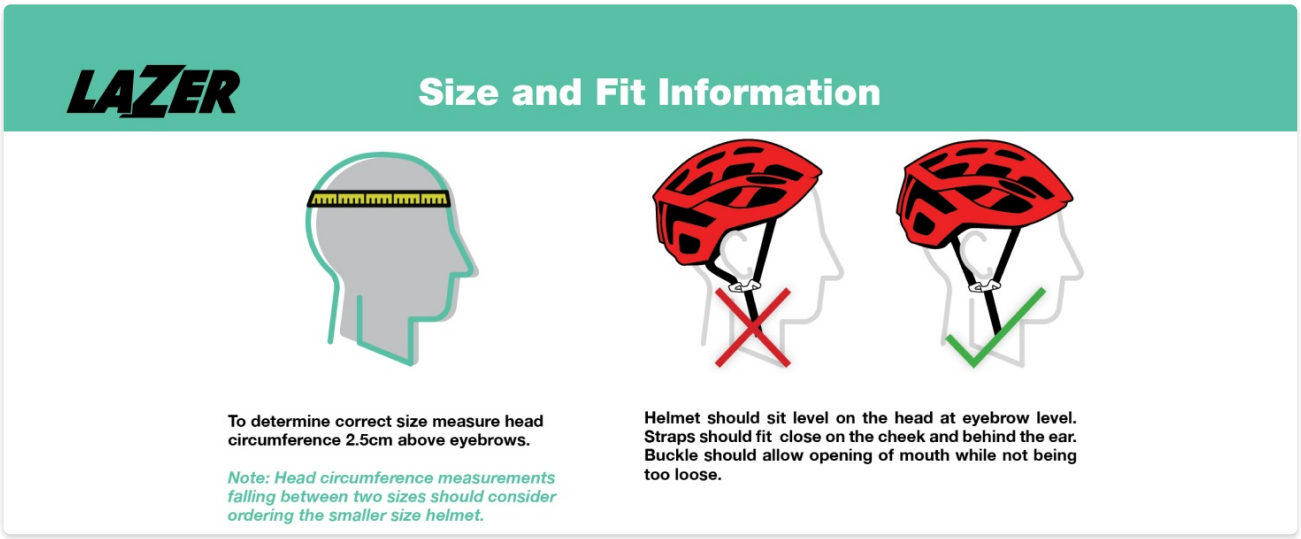

Figure 4.1: Visual guide for proper helmet positioning and strap adjustment.

5. Operating Your Helmet

The LAZER G1 MIPS helmet is designed for straightforward use once properly fitted.

5.1. Ventilation

The G1 MIPS helmet features 22 strategically placed vents and internal air channels to maximize airflow and keep your head cool during rides. No manual adjustment is required for the ventilation system; it operates passively.

Figure 5.1: The G1 MIPS helmet's design emphasizes premium ventilation and lightweight construction.

5.2. MIPS Technology

The integrated MIPS (Multi-Directional Impact Protection System) is a low-friction layer inside the helmet designed to reduce rotational motion transferred to the brain from angled impacts. This system works automatically upon impact and requires no user interaction.

5.3. Riding with the Helmet

Always wear your helmet when cycling. Ensure the fit is secure and comfortable before beginning your ride. The lightweight design and advanced fit system are intended to provide comfort even on long rides.

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Video 5.1: Short demonstration of the LAZER G1 MIPS Bike Helmet in use, highlighting its lightweight design and suitability for cycling.

6. Maintenance and Care

Proper care will extend the life of your helmet and maintain its protective qualities.

- **Cleaning the Helmet:** Use only mild soap and water to clean the helmet's exterior and interior padding. Do not use harsh chemicals, abrasive cleaners, or solvents, as these can damage the helmet's materials, including the shell, EPS foam, and MIPS layer.
- **Cleaning Pads:** The internal padding can be removed and hand-washed with mild soap and water. Allow pads to air dry completely before reinserting them into the helmet.
- **Storage:** Store your helmet in a cool, dry place, away from direct sunlight and extreme temperatures. Avoid storing it in a car on a hot day, as excessive heat can damage the EPS foam.
- **Inspection:** Regularly inspect the helmet for any signs of wear, cracks, dents, or other damage to the shell, straps, buckle, or fit system. If any damage is found, the helmet should be replaced.

7. Troubleshooting

This section addresses common issues you might encounter.

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Helmet feels loose or shifts on head.	Improper adjustment of ARS system or straps.	Tighten the ARS dial (top of helmet) clockwise. Ensure chin strap is snug and side straps form a "V" below ears. Refer to Section 4.2.
Helmet is uncomfortable or causes pressure points.	Helmet size may be incorrect or ARS system is too tight.	Loosen the ARS dial slightly. Check if the helmet size is appropriate for your head circumference (Section 4.1). Consider using alternative padding if available.
Straps are twisted or difficult to adjust.	Straps may have been incorrectly threaded or stored.	Unbuckle and unthread straps completely. Re-thread them ensuring they lie flat and are not twisted. Adjust sliders as needed.
Visible damage to helmet after an impact.	Helmet has absorbed an impact.	**Immediately replace the helmet.** Even minor visible damage can indicate compromised protective integrity. Do not use a damaged helmet.

8. Specifications

Model Name: LAZER G1 MIPS

Model Number: BLU2207887932

Brand: LAZER

Color: Black (for this specific variant)

Size: Small (for this specific variant)

Age Range: Adult

Special Feature: Lightweight

Outer Material: Polycarbonate (PC)

Inner Material: Foam (EPS)

Item Weight: Approximately 8.28 Ounces (234.7 grams)

Recommended Use: Cycling

Safety Standard: MIPS (Multi-Directional Impact Protection System) integrated.

Ventilation: 22 vents with internal air channels.

Fit System: Advanced Rollsys System (ARS)

9. Warranty and Support

9.1. Warranty Information

LAZER helmets typically come with a manufacturer's warranty covering defects in materials and workmanship. The specific terms and duration of your warranty may vary by region and purchase date. Please retain your proof of purchase for warranty claims. LAZER also offers a Crash Replacement Program, providing a discount on a new replacement helmet if your helmet is damaged in a crash. For details on this program and to initiate a claim, please visit the official LAZER website or contact customer support.

9.2. Customer Support

For technical assistance, warranty claims, or general inquiries, please contact LAZER customer support through their official website or the contact information provided with your product packaging. When contacting support, please have your helmet model and purchase details ready.
Official LAZER Website: www.lazer.com

Related Documents - G1 MIPS

	Lazer Victor KinetiCore Helmet User Manual - Installation and Adjustment Guide Comprehensive user manual for the Lazer Victor KinetiCore cycling helmet. Learn how to install and remove the magnetic lens and adjust the helmet angle using the Turnfit® Tilt system for optimal aerodynamics.
	LAZER LifeBEAM Gear: Installation Guide for Smart Cycling Helmets Comprehensive installation guide for the LAZER LifeBEAM Gear system, detailing how to attach the transmitter and sensor wire to various LAZER helmet models including Z1, Blade, Wasp Air, and Revolution.

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INSTALLATIONSANLEITUNG

[Lazer VeloVox Helmet Communication System Installation Guide]

Learn how to easily install and charge your Lazer VeloVox communication system on your bicycle helmet with this comprehensive guide. Features step-by-step instructions and visual aids.

	[Lazer VeloVox Installation Guide: Attaching and Using Your Helmet Speaker System] Step-by-step instructions for installing and positioning the Lazer VeloVox communication system on your Lazer helmet. Learn how to attach the speakers correctly for optimal audio experience.
	[Lazer VeloVox] Lazer VeloVox FAQ Bluetooth Shimano Di2
	[Lazer VeloVox Installation Guide: Mount and Charge Your Helmet Audio System] Step-by-step instructions for installing and charging the Lazer VeloVox helmet audio system. Learn how to attach the device to your helmet and ensure proper speaker placement.