

ILM E3-10L

ILM Adult Bike Helmet with USB Rechargeable LED Front and Back Light Instruction Manual

Brand: ILM | Model: E3-10L

1. INTRODUCTION

Thank you for choosing the ILM Adult Bike Helmet. This manual provides essential information for the safe and effective use of your helmet, designed for urban commuting, cycling, and skateboarding. Please read this manual thoroughly before first use and retain it for future reference.

2. SAFETY INFORMATION

Your safety is paramount. This helmet is certified by **ASTM**, **CPSC**, **CE**, and **EN1078**, ensuring it meets rigorous safety standards. The one-piece structure, combining EPS (Expanded Polystyrene) and PC (Polycarbonate) shells, provides enhanced shock absorption for superior protection.

Always wear your helmet correctly to ensure maximum protection. Ensure the helmet fits snugly and the chin strap is securely fastened.

SECURE AND RELIABLE SAFETY STANDARDS

Ideal lightweight helmet for cycling, skateboarding, e-bike and etc.



ASTM



CPSC



CE EN1078



Image: The ILM helmet meets multiple safety certifications including ASTM, CPSC, CE, and EN1078, indicating its suitability for various cycling and skateboarding activities.

3. PRODUCT FEATURES

- **Excellent Safety Protection:** Certified by ASTM, CPSC, CE, and EN1078. Features a one-piece structure with EPS and PC shells for superior shock absorption.
- **Highly Visible LED Lights:** Equipped with USB rechargeable front (white) and rear (red) LED lights for enhanced visibility, especially in low-light conditions.
- **Cool Riding with Vents:** Features 10 strategically placed vents to promote airflow, reducing overheating and keeping you cool during long rides.
- **Size Adjustment System:** Includes a detachable tinted lens that blocks UV rays, dust, and sand. The helmet is eyeglass-friendly and features an adjustable dial-retention system for a customized fit.
- **Removable & Washable Lining:** The inner lining is made of breathable mesh fabric for comfort and can be removed for washing.



Image: Front view of the ILM Adult Bike Helmet, showcasing the integrated front LED light and the tinted visor.

4. SETUP

4.1. Sizing and Fit Adjustment

To ensure optimal safety and comfort, proper helmet fit is crucial. Refer to the sizing chart below and the wearing instructions.

ILM SIZING INFORMATION

SIZE	CM	INCHES	HAT SIZE
XS	48 - 54	18 $\frac{7}{8}$ - 21 $\frac{1}{4}$	6 - 6 $\frac{3}{4}$
S/M	54 - 58	21 $\frac{1}{4}$ - 22 $\frac{3}{4}$	6 $\frac{3}{4}$ - 7 $\frac{1}{4}$
L/XL	58 - 61.5	22 $\frac{3}{4}$ - 24 $\frac{1}{2}$	7 $\frac{1}{4}$ - 7 $\frac{3}{4}$

Sizing information is provided by the manufacturer and does not guarantee a perfect fit.
Please use this chart as a guide only.

THE PROPER METHOD TO WEAR A HELMET

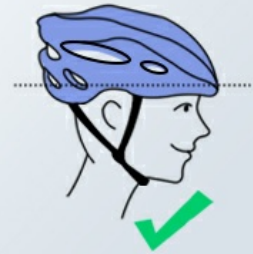


Image: Detailed sizing chart in CM and Inches, along with visual instructions on how to properly wear and adjust the helmet for a secure fit.

1. **Measure Your Head:** Use a measuring tape to find the circumference of your head, just above your eyebrows.
2. **Select Size:** Choose the helmet size that corresponds to your measurement from the chart.
3. **Adjust Dial-Retention System:** The helmet features an adjustable dial at the back. Turn the dial clockwise to tighten and counter-clockwise to loosen, ensuring a snug fit without excessive pressure.
4. **Adjust Chin Straps:** Ensure the chin straps form a 'V' shape just below your ears. The buckle should be centered under your chin. The strap includes cushioning for comfort.
5. **Check Fit:** The helmet should not move freely when you shake your head. It should feel secure and comfortable.

Adjustable Comfortable & Secure



Replaceable & Washable
Linner Lining



Impact-absorbing
EPS Foam



Replaceable & Washable
Chin Pads



Adjustable Dial-retention



Quick Release
Safety Buckle



Image: Internal view of the helmet highlighting the replaceable and washable liner, impact-absorbing EPS foam, adjustable dial-retention system, and quick-release safety buckle.

4.2. Visor Installation/Adjustment

The helmet comes with a large tinted lens that is detachable and has 3 rotational points for easy adjustment.

1. **Attachment:** Align the rotational points on the visor with the corresponding slots on the helmet and press firmly until it clicks into place.
2. **Adjustment:** The visor can be rotated up or down to suit lighting conditions and user preference. It effectively blocks UV rays, wind, sand, and light rain.



Removable Tan Lens

Large Tinted Lens

Has 3 Rotational Points

Image: Side view of the ILM helmet showing the removable tinted lens and its three rotational points for flexible positioning.

4.3. Charging LED Lights

The integrated front and rear LED lights are USB rechargeable.

1. Locate the USB charging port, typically at the rear of the helmet near the power button.
2. Connect the provided USB cable to the helmet and a compatible USB power source (e.g., computer, wall adapter).
3. Allow the lights to charge fully before first use. Charging indicators (if present) will show charging status.

5. OPERATING INSTRUCTIONS

5.1. LED Light Operation

The helmet's LED lights offer four distinct lighting modes for enhanced visibility and safety.



Front and Rear LED Design

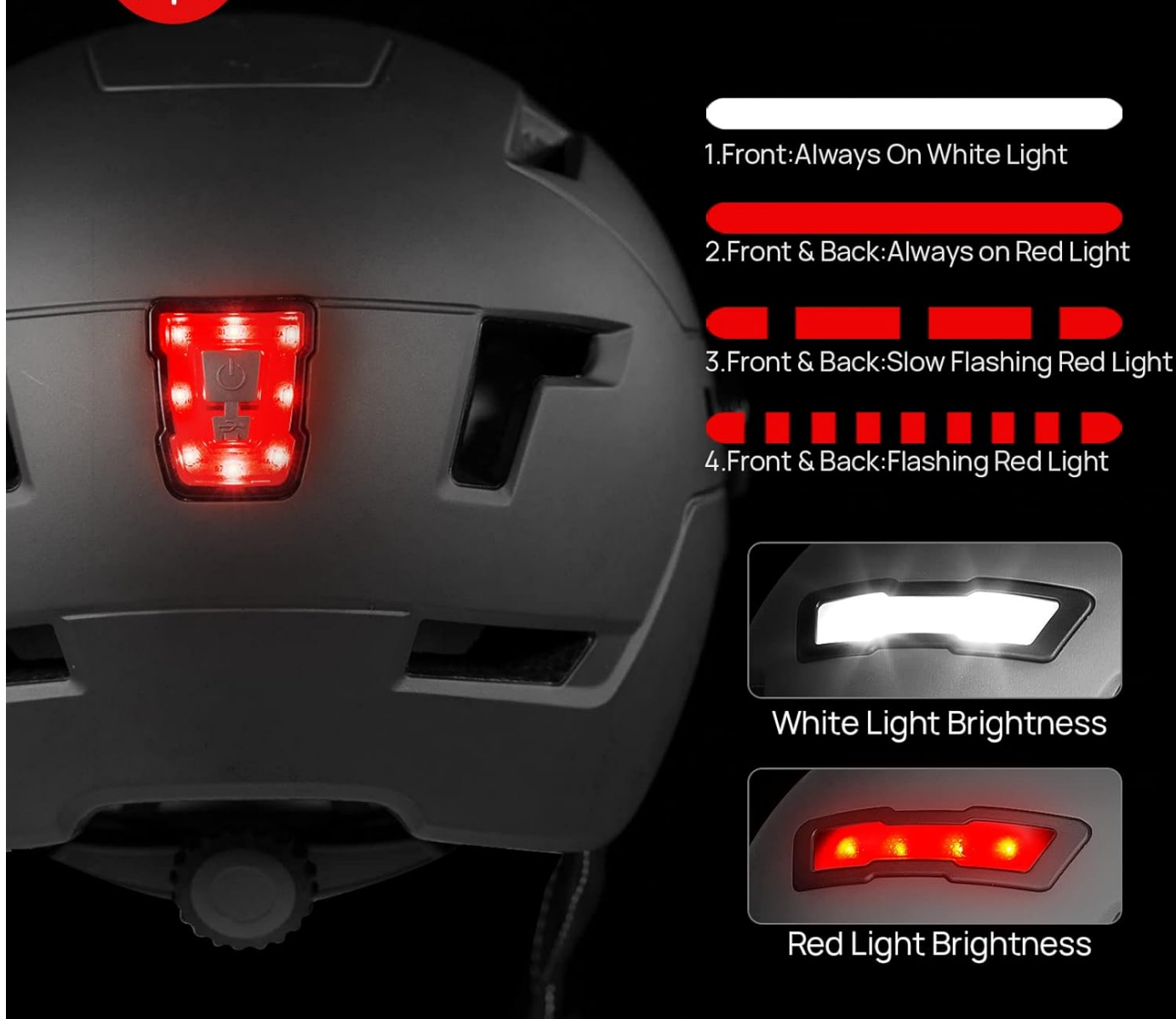


Image: Close-up view of the helmet's rear LED light and a diagram illustrating the four lighting modes: Front Always On White Light, Front & Back Always On Red Light, Front & Back Slow Flashing Red Light, and Front & Back Flashing Red Light.

1. **Power On/Off:** Press and hold the power button located at the rear of the helmet to turn the lights on or off.
2. **Change Modes:** Short press the power button to cycle through the 4 lighting modes:
 - Mode 1: Front: Always On White Light
 - Mode 2: Front & Back: Always On Red Light
 - Mode 3: Front & Back: Slow Flashing Red Light
 - Mode 4: Front & Back: Flashing Red Light

5.2. Visor Usage

The tinted visor can be adjusted to protect your eyes from sun, wind, and debris.

1. **Lower Visor:** Gently pull the visor down until it covers your eyes.

2. **Raise Visor:** Push the visor up until it rests securely above the helmet.

6. MAINTENANCE

- **Cleaning the Helmet Shell:** Use a soft cloth dampened with mild soap and water. Avoid abrasive cleaners or solvents that could damage the helmet's finish or materials.
- **Cleaning the Lining:** The inner lining is removable and washable. Hand wash with mild soap and water, then air dry completely before reinserting.
- **Visor Care:** Clean the tinted visor with a soft, lint-free cloth and a gentle lens cleaner. Avoid scratching the surface.
- **Battery Care:** Recharge the LED lights regularly, even if not used frequently, to maintain battery health. Store the helmet in a cool, dry place.



Image: Close-up of the removable and washable inner padding of the helmet, designed for easy cleaning and hygiene.

7. TROUBLESHOOTING

- **LED Lights Not Working:**
 - Ensure the battery is fully charged.
 - Check the charging cable and port for any damage.
 - If the issue persists, please refer to the Warranty & Support section for assistance.
- **Helmet Feels Loose/Tight:**
 - Adjust the dial-retention system at the back of the helmet.
 - Re-adjust the chin straps to ensure a secure and comfortable fit.

8. SPECIFICATIONS

Feature	Detail
Brand	ILM
Model Name	E3-10L
Color	Gray
Age Range	Adult
Size	Small/Medium
Outer Material	Polycarbonate (PC)

Feature	Detail
Inner Material	Expanded Polystyrene, Mesh
Item Weight	0.93 Pounds
Special Feature	Adjustable, USB Rechargeable LED Front and Back Light, Removable Goggle
Certifications	ASTM, CPSC, CE, EN1078
Vents	10

9. WARRANTY & SUPPORT





ILM stands behind the quality of its products. While electronic components are designed for durability, if there is any problem with the integrated LED lights or any other part of your helmet, please contact ILM customer support directly. We are committed to providing a proper solution for any issues you may encounter.

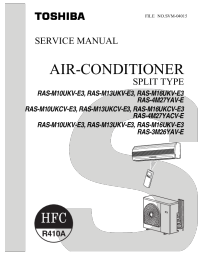

For support, please visit the official ILM store on Amazon or contact the seller directly through your purchase platform.

Thank you for choosing ILM. Ride safely!



Related Documents - E3-10L

	ILM APP ILM
	ILM Motorcycle Helmet Instruction Manual Comprehensive guide for ILM motorcycle helmets, covering safety, care, maintenance, restraint systems, and fast-release buckles. Includes important notices and warnings for optimal helmet performance and user safety.
	Mitsubishi Electric CITY MULTI Air Conditioner Technical & Service Manual Comprehensive technical and service manual for Mitsubishi Electric CITY MULTI air conditioning units, covering installation, components, specifications, troubleshooting, and disassembly procedures for models PEFY-P...VMA(L)-E3 series.
	EasiCoat Car Paint Product Guide and Catalog Comprehensive guide to EasiCoat car paint products, including E5 and E3 series, application procedures, refinishing techniques, and paint defect solutions from Guangdong Yatu Chemical Co., Ltd.

 <p>The image shows the cover of a Toshiba service manual for split-type air conditioners. It features the Toshiba logo at the top, followed by 'SERVICE MANUAL' and 'AIR-CONDITIONER SPLIT TYPE'. Below this, a list of model numbers is provided: RAS-M10UKV-E3, RAS-M13UKV-E3, RAS-M16UKV-E3, RAS-4M27YAV-E, RAS-M10UKCV-E3, RAS-M13UKCV-E3, RAS-M16UKCV-E3, RAS-4M27YACV-E, and RAS-3M26YAV-E. A large stylized 'S' is in the background, and a small image of an air conditioner is at the bottom right. A circular logo at the bottom left indicates 'HFC R410A'.</p>	<p>Toshiba Air Conditioner Service Manual - Split Type Models</p> <p>This service manual provides detailed information for Toshiba split type air conditioners, including parts lists and P.C. board layouts for models RAS-M10UKV-E3, RAS-M13UKV-E3, RAS-M16UKV-E3, RAS-4M27YAV-E, RAS-M10UKCV-E3, RAS-M13UKCV-E3, RAS-M16UKCV-E3, RAS-4M27YACV-E, and RAS-3M26YAV-E, utilizing HFC R410A refrigerant.</p>
 <p>The image shows the cover of a Reyee user manual for the RG-E3 Wireless Router. It features a grid of small images showing the router, its packaging, and various setup steps. The title 'Reyee RG-E3 Wireless Router User Manual: Setup, Features, and Troubleshooting' is prominently displayed at the top.</p>	<p>Reyee RG-E3 Wireless Router User Manual: Setup, Features, and Troubleshooting</p> <p>Comprehensive user manual for the Reyee RG-E3 Wireless Router. Learn about setup, configuration, Reyee Mesh technology, FAQs, and regulatory information to optimize your home network.</p>