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› Fox Racing Mainframe Mountain Bike Helmet User Manual

Fox Racing 28422-110

Fox Racing Mainframe Mountain Bike Helmet User Manual

Model: 28422-110

1. INTRODUCTION

This manual provides essential information for the proper use, fitting, maintenance, and care of your Fox Racing Mainframe Mountain Bike Helmet. Please read it thoroughly before using your helmet to ensure maximum safety and product longevity.

Important Safety Information

- This helmet is designed to reduce the risk of head injury during cycling. No helmet can protect against all possible impacts.
- Always wear your helmet correctly fitted and securely fastened.
- Inspect your helmet regularly for damage. Replace immediately after any impact, even if visible damage is not apparent.
- Do not modify the helmet or use harsh chemicals for cleaning.
- This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm (Proposition 65 warning).



Front-side view of the Fox Racing Mainframe Mountain Bike Helmet in Flo Red.

2. KEY FEATURES

The Fox Racing Mainframe Mountain Bike Helmet is engineered with advanced features for enhanced protection and comfort:

- Proven MIPS impact protection system reduces rotational forces in a crash by absorbing and redirecting energies and forces otherwise transmitted to the brain.
- Extended coverage for added safety.
- Optimized venting with channeled, in-molded EPS provides efficient cooling.
- Removable, washable moisture-wicking liner.
- MIPS integrated fit system reduces weight and provides a more comfortable seamless fit.



Side profile of the helmet, highlighting its ventilation design.



Rear view of the helmet, featuring the MIPS safety system sticker and fit adjustment dial.

3. SIZING AND FIT

A properly fitted helmet is crucial for safety. Refer to the size guide below to determine your correct helmet size and follow the steps for achieving a secure fit.

Size Guide

Brand Size	Head Circumference (in)
S	20 - 21.6
M	21.6 - 23.2
L	23.3 - 24.8

Achieving a Proper Fit

1. **Positioning:** Place the helmet squarely on your head, ensuring it covers your forehead. It should not tilt back or forward.
2. **Retention System:** Use the adjustable dial at the back of the helmet to tighten or loosen the internal retention system until the helmet feels snug and secure without being uncomfortably tight.
3. **Chin Straps:** Fasten the chin strap buckle. Adjust the side straps so that they form a "V" shape just below your ears. The chin strap should be snug against your throat, allowing only one or two fingers to fit between the strap and your chin.
4. **Shake Test:** With the chin strap fastened, shake your head from side to side and front to back. The helmet should not shift significantly.



Interior view of the helmet, showing the MIPS liner and internal padding for comfort and safety.



Detail of the chin strap buckle and adjustable side straps for a secure fit.

4. OPERATING INSTRUCTIONS

Once your helmet is properly fitted, you are ready for your ride. The integrated visor helps shield your eyes from sun and debris, enhancing visibility and comfort during your mountain biking adventures.

MIPS Technology

The Multi-directional Impact Protection System (MIPS) is a low-friction layer inside the helmet designed to reduce rotational motion transferred to the brain from angled impacts. This system allows the helmet to slide relative to the head in the event of a crash, redirecting energy and forces that could otherwise cause brain injury.

5. MAINTENANCE AND CARE

Proper maintenance ensures the longevity and effectiveness of your helmet.

- **Cleaning:** Clean the helmet exterior with a soft cloth, mild soap, and water. Avoid harsh chemicals, solvents, or abrasive cleaners, as these can damage the helmet's materials and compromise its protective properties.

- **Liner Care:** The moisture-wicking liner is removable and washable. Hand wash with mild soap and water, then air dry completely before reinserting.
- **Storage:** Store your helmet in a cool, dry place away from direct sunlight and extreme temperatures. Do not store it near heat sources or in a car on a hot day, as this can degrade the EPS foam.
- **Inspection:** Regularly inspect the helmet for cracks, dents, or any signs of wear and tear on the shell, straps, or retention system.
- **Replacement:** Replace your helmet immediately after any impact, even if there is no visible damage. The protective materials may have been compromised. Fox Racing recommends replacing helmets every 3-5 years, depending on usage and exposure.

6. TROUBLESHOOTING

Helmet Feels Loose

Ensure the retention system dial at the back is tightened sufficiently and the chin straps are adjusted snugly. Refer to the "Achieving a Proper Fit" section.

Discomfort

Check if the internal padding is correctly positioned. Adjust the retention system and straps to relieve pressure points. If discomfort persists, the helmet size may be incorrect.

Damaged Components

If any part of the helmet (shell, straps, buckle, MIPS liner) appears damaged, discontinue use immediately and replace the helmet.

7. SPECIFICATIONS

- **Brand:** Fox Racing
- **Model Name:** MAINFRAME MOUNTAIN BIKING HELMET MIPS
- **Model Number:** 28422-110
- **Outer Material:** Polycarbonate (PC)
- **Inner Material:** Expanded Polystyrene (EPS)
- **Item Weight:** 390 Grams
- **Special Feature:** Ventilation, MIPS Impact Protection
- **Recommended Uses:** Cycling, Skateboarding, Motorcycling
- **Age Range:** Adult
- **UPC:** 191972571831
- **Dimensions (LxWxH):** 14 x 9 x 8 inches

8. WARRANTY AND SUPPORT

For warranty information or product support, please refer to the official Fox Racing website or contact their customer service directly. Keep your proof of purchase for any warranty claims.