

ILM E3-10L

ILM E3-10L Bicycle Helmet User Manual

Model: E3-10L

INTRODUCTION

Thank you for choosing the ILM E3-10L Bicycle Helmet. This manual provides essential information for the proper setup, operation, maintenance, and care of your helmet. Please read it thoroughly before first use to ensure your safety and the longevity of the product. This helmet is designed for urban commuting, cycling, and scooter use, suitable for city bikes, road bikes, electric bikes, and touring bikes.



The ILM E3-10L Bicycle Helmet, featuring an integrated visor and rear LED light.

SAFETY INFORMATION

The ILM E3-10L helmet is certified to ASTM, CPSC, CE, and EN1078 standards, providing excellent protection. The monobloc structure combines EPS and PC shells for enhanced shock absorption. Always ensure the helmet is properly fitted and secured before riding.



The helmet meets CE and CPSC safety standards.

SETUP

1. Measuring Head Circumference

To ensure a correct fit, measure your head circumference approximately 1.5 cm above your ears, from the forehead to the back of the head.

2. Sizing Information

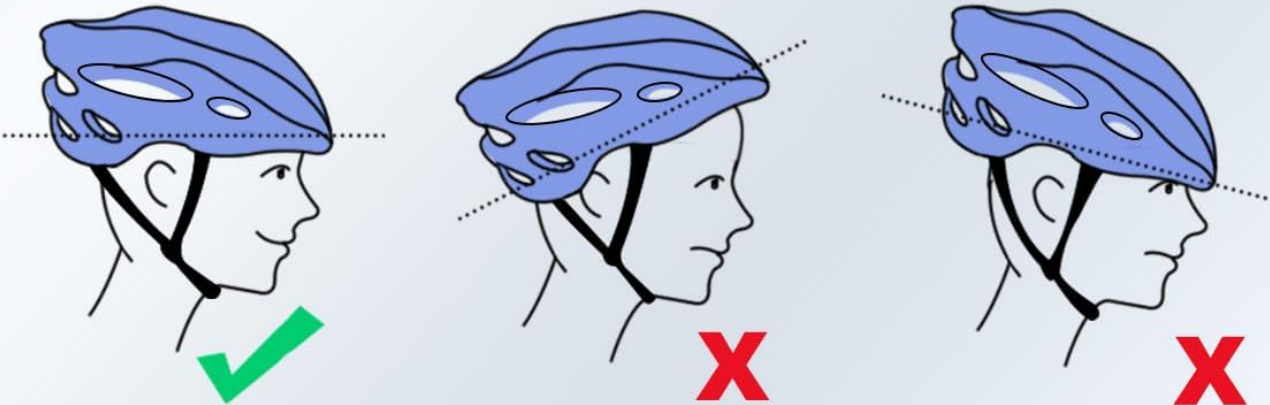
Refer to the table below to select the appropriate helmet size based on your head measurement.

ILM SIZING INFORMATION

SIZE	CM	INCHES	HAT SIZE
XS	48 – 54	18 ⁷ / ₈ – 21 ¹ / ₄	6 – 6 ³ / ₄
S/M	54 – 58	21 ¹ / ₄ – 22 ³ / ₄	6 ³ / ₄ – 7 ¹ / ₄
L/XL	58 – 61.5	22 ³ / ₄ – 24 ¹ / ₂	7 ¹ / ₄ – 7 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



Sizing chart and visual guide for correctly wearing the helmet.

Size	CM	Inches	Hat Size
XS	48 - 54	18 ⁷ / ₈ - 21 ¹ / ₄	6 - 6 ³ / ₄
S/M	54 - 58	21 ¹ / ₄ - 22 ³ / ₄	6 ³ / ₄ - 7 ¹ / ₄

Size	CM	Inches	Hat Size
L/XL	58 - 61.5	22¾ - 24¼	7¼ - 7¾

3. Adjusting Helmet Fit

The helmet features an adjustable dial-retention system at the back for a secure and comfortable fit. Rotate the dial to tighten or loosen the internal harness. The chin strap is also adjustable; ensure it is snug but not uncomfortably tight, with the chin pad fixed approximately 1.5 cm below the lower jaw.

Adjustable Comfortable & Secure



Replaceable & Washable Linner Lining



Replaceable & Washable Chin Pads



Adjustable Dial-retention



Impact-absorbing EPS Foam



Quick Release Safety Buckle

Internal components for comfort and adjustment, including the dial-retention system and replaceable pads.

4. Visor Attachment and Removal

The helmet comes with a removable tinted visor that offers UV, dust, and sand protection. It is compatible with prescription glasses. The visor attaches via three rotational points, allowing it to be moved up or down as needed.



Removable Tan Lens

Large Tinted Lens

Has 3 Rotational Points

The removable tinted lens with its three rotational points for adjustment.

OPERATING INSTRUCTIONS

1. LED Light Operation

The helmet is equipped with USB rechargeable front and rear LED lights for increased visibility. The lights offer four modes, easily switchable with a single button click:

- **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



Front and Rear LED Design

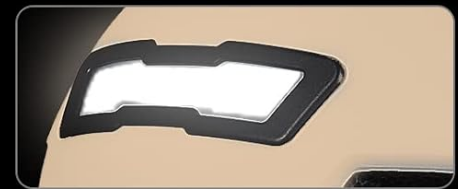


1.Front:Always On White Light

2.Front & Back:Always on Red Light

3.Front & Back:Slow Flashing Red Light

4.Front & Back:Flashing Red Light



White Light Brightness



Red Light Brightness

Visual representation of the helmet's front and rear LED light modes.

2. Charging the LED Lights

The integrated Lithium-ion battery powers the LED lights. Connect the helmet to a standard USB charging port using the provided cable. A full charge ensures optimal light performance.

3. Ventilation System

The helmet features 10 strategically placed air vents. These vents are designed to actively draw in cool air through the front and expel warm air through the rear cooling channels, helping to reduce overheating and maintain comfort during rides.



Illustration of the helmet's ventilation system with 10 air vents.

MAINTENANCE

1. Cleaning the Helmet

- **Exterior:** Wipe the helmet's exterior with a soft, damp cloth and mild soap. Avoid abrasive cleaners or solvents, as they can damage the shell.
- **Visor:** Clean the visor with a soft cloth and water. Do not use harsh chemicals.
- **Interior Lining:** The inner lining is removable and washable. Hand wash with mild soap and water, then air dry completely before reinserting.
- **Chin Pads:** The chin pads are also replaceable and washable. Follow the same cleaning instructions as the inner lining.

2. Battery Care

To prolong battery life, charge the LED lights regularly, even if not frequently used. Avoid fully discharging the battery for

extended periods.

3. Storage

Store the helmet in a cool, dry place away from direct sunlight and extreme temperatures. Do not store with heavy objects on top of it, as this can cause damage.

TROUBLESHOOTING

- **LED Lights Not Working:** Ensure the battery is charged. If the issue persists after charging, please contact customer support.
- **Helmet Feels Uncomfortable or Loose:** Re-adjust the dial-retention system and chin straps according to the 'Setup' section. Ensure you have the correct size.
- **Visor Issues:** If the visor does not move smoothly, check for any obstructions or ensure it is correctly attached to its rotational points.

If you encounter any issues not covered here, please refer to the 'Support' section for assistance.

SPECIFICATIONS

Feature	Detail
Model Number	E3-10L
Certifications	ASTM, CPSC, CE, EN1078
Exterior Material	Polycarbonate (PC)
Interior Material	EPS Foam, Mesh Fabric Lining
LED Lights	USB Rechargeable Front (White) & Rear (Red)
Light Modes	4 (Fixed White, Fixed Red, Slow Flashing Red, Flashing Red)
Battery Type	1 Lithium-ion (included)
Vents	10 Air Vents
Visor	Removable Tinted Lens (UV/Dust/Sand Protection)
Adjustability	Dial-retention system, Adjustable Chin Strap
Weight	Approximately 421.84 grams
Dimensions (L x W x H)	29.5 x 24 x 18 cm

WARRANTY AND SUPPORT

ILM products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty card included with your purchase or visit the official ILM website. If you experience any issues with the product, particularly with the electronic components like the LED lights, please contact ILM customer support for assistance. We are committed to providing appropriate solutions.

For support, please contact the seller directly or visit the ILM official website for contact information.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

How do I properly position the interior cushions and pads in the ILM E3-10L bicycle helmet?

While the manual for the ILM E3-10L does not provide a specific diagram for every individual pad, it confirms that the interior lining and chin pads are removable and replaceable. To reinstall them correctly,...

[Read full answer](#)