



**F100
Rotational
System
Helmet**



HJC F100 Rotational System Helmet Owner's Manual

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HJC F100 Rotational System Helmet



Product Specifications

- Advanced Channeling Ventilation System
- Pinlock ready HJ-45A visor(shield)
- Pinlock ready HJ-45B visor(shield)
- Provides 99% UV protection
- HJ-V12 Internal sun shield
- Removable and washable interior
- Interchangeable cheek pads of all sizes
- Micro buckle
- P/J APPROVED

Product Usage Instructions

Visor(Shield) Removal:

1. Open the visor(shield) to the maximum open position.
2. Push the handle-locker to the open position. To remove, pull the visor(shield) in the direction of the arrow.

Visor(Shield) Installation:

1. Raise the holder visor(shield) until it clicks.
2. Insert the visor(shield) tabs in positions A and b. (Repeat on the other side)

Visor(shield) Guide:

Please make sure to install so that the visor(shield) guide goes inside the visor(shield).

Comfort Liner Removal:

1. Grasp the crown pad fabric as close as possible to its plastic base and pull/pry it away from the helmet. Notice how the crown pad plastic section aligns with the shell plastic sleeve. This will help you with the reinstallation.
2. Repeat the same at the rear.

Comfort Liner Installation:











Install the front section first by aligning the plastic shell base and the crown pad plastic sleeve, ensuring that the center and side holes are properly aligned. Press the crown pad plastic sleeve (center portion) into the center of the channel which is built into the plastic shell base, working your way outward to each side.

FAQ

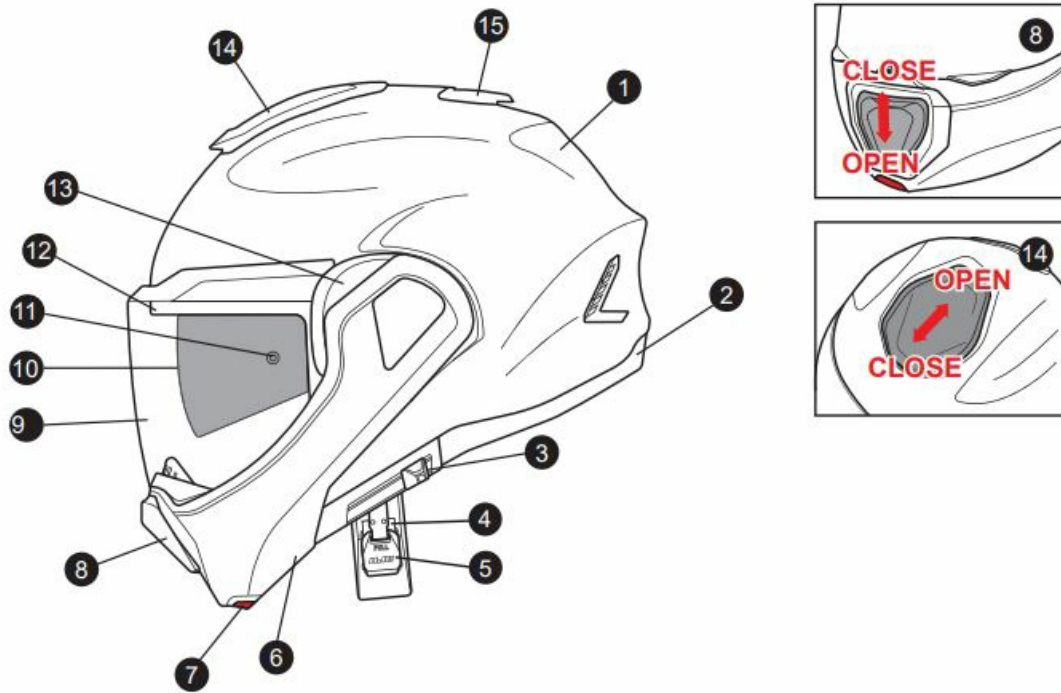
How do I select appropriate replacement parts for my helmet?

Refer to the size chart provided for the F100 CARBON helmet and check the parts name sticker on the package to select the correct replacement parts such as the Visor, Chin bar, and Chin curtain.

SYMBOLS

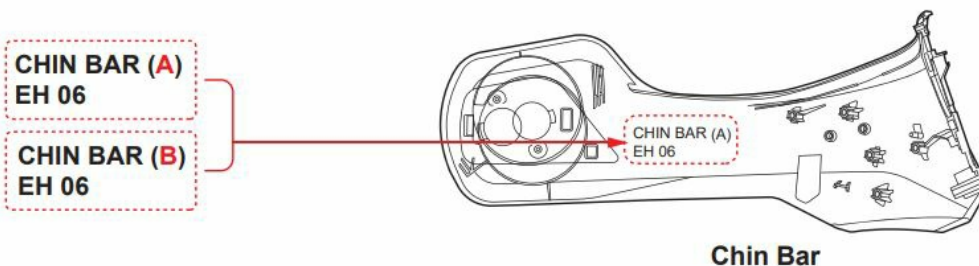
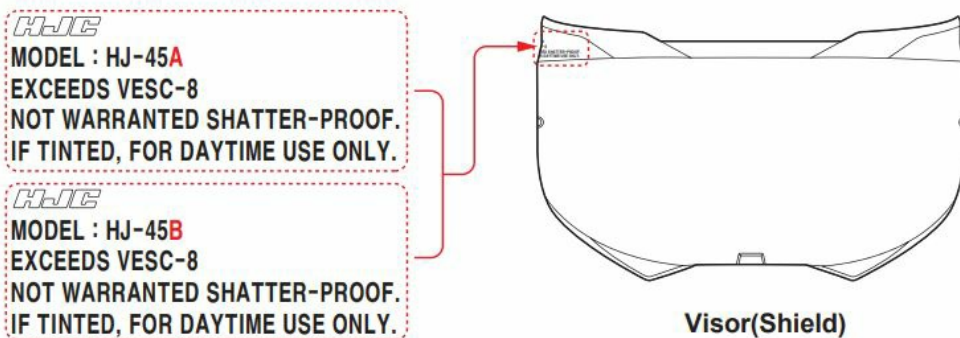
	CARBON		HJ-V12 Internal sunshield
	Advanced Channeling Ventilation System		Removable and washable interior
	Pinlock ready HJ-45A visor(shield)		Interchangeable cheek pads throughout all sizes
	Pinlock ready HJ-45B visor(shield)		Micro buckle
	Provides 99% UV protection		P/J APPROVED

Specifications



1. Outer Shell
2. Shell gasket
3. Sun Shield Lever
4. Chin Strap
5. Micro Buckle
6. Modular Chin Bar
7. Chin Bar Lever
8. Front Chin Vent
9. HJ-45A, HJ-45B Visor(Shield)
10. HJ-V12 Sun shield
11. Pinlock Pins
12. Eyeport Gasket
13. Visor (Shield) Ratchet
14. Top Vent
15. Rear Venturi Exhausts

Replacement parts sizing chart



WARNING

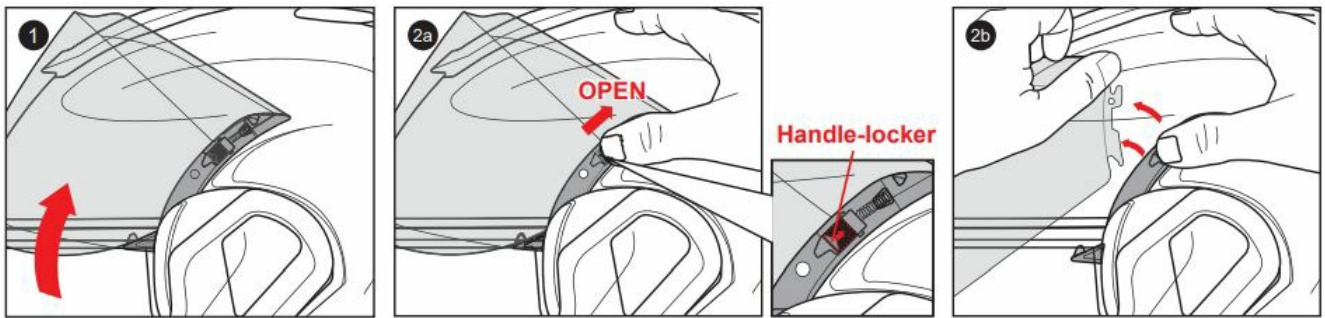
Select appropriate replacement parts (Visor, Chin bar, and Chin curtain) according to the size chart of the F100 CARBON helmet as shown below. Check the parts name sticker on the package.

Model	F100 CARBON	
Visor	HJ-45A	HJ-45B
Chin bar	Chin bar A	Chin bar B
Chin curtain	Chin curtain A	Chin curtain B

The F100 CARBON Helmet Customer Size	Parts	XS	S	M	L	XL	2XL
E.U & The U.S Spec. (ECE R22.06 / DOT)	Visor	HJ-45A			HJ-45B		
	Chin Bar	Chin Bar A			Chin Bar B		
	Chin Curtain	Chin Curtain A			Chin Curtain B		
China, Japan, South Korea, and Taiwan Spec.	Visor	HJ-45A		HJ-45B			
	Chin Bar	Chin Bar A		Chin Bar B			
	Chin Curtain	Chin Curtain A		Chin Curtain B			

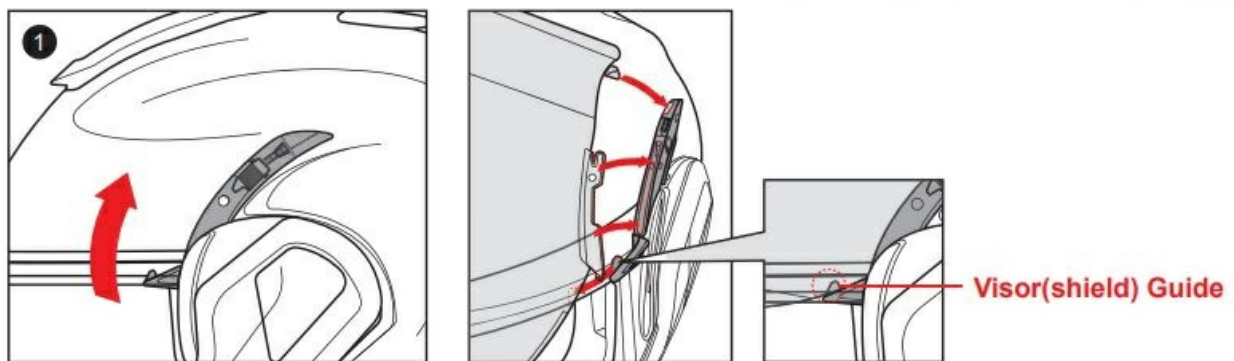
Visor (Shield) Removal

1. Open the visor(shield) to the maximum open position.
2. Push the handle-locker to the open position. To remove, pull the visor(shield) in the direction of the arrow.

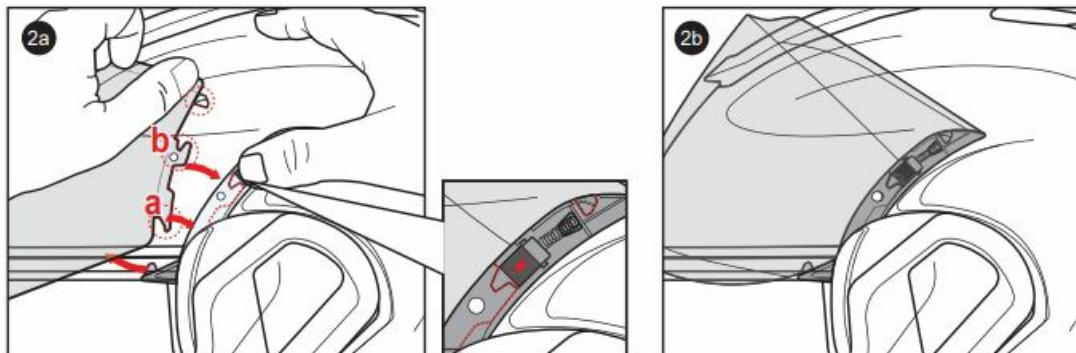


Visor (Shield) Installation

1. Raise the holder visor(shield) until it clicks.
2. Insert the visor(shield) tabs in positions “a” and “b”. (Repeat on the other side)



Please make sure to install so that the visor(shield) guide goes inside the visor(shield).

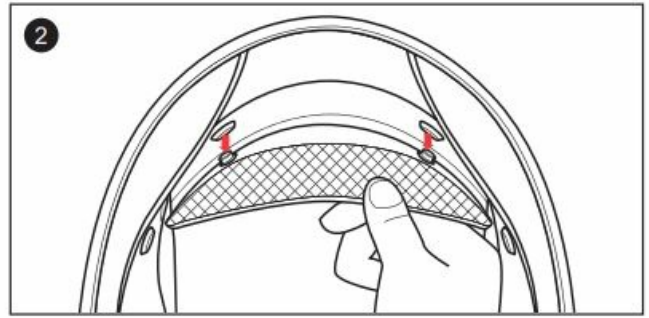
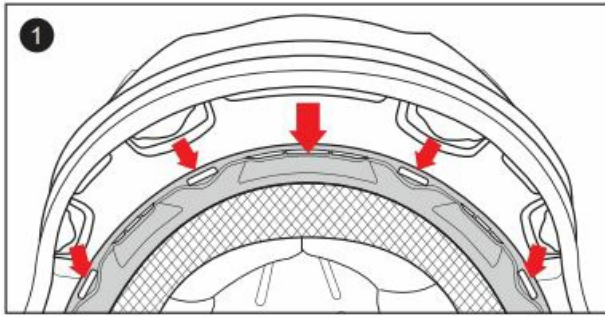


WARNING

Always check to make sure helmet pads are installed before using the helmet. A helmet with missing or improperly installed pads may increase your risk of serious injury or death in an accident.

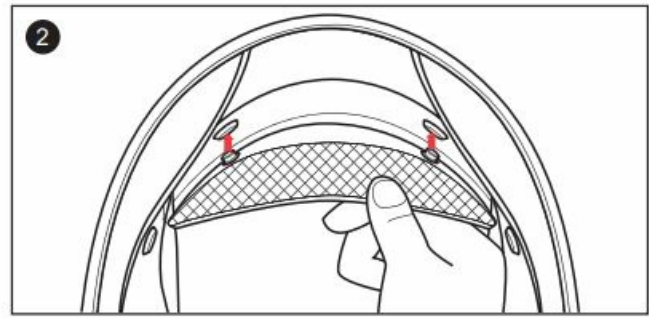
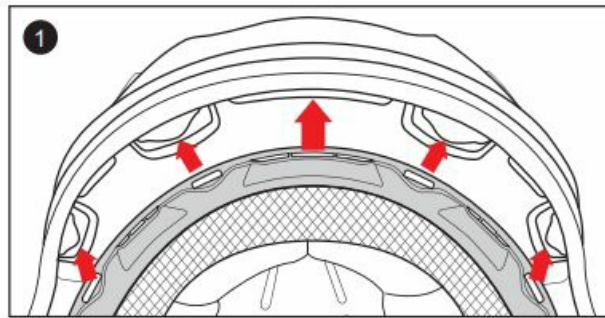
Comfort Liner Removal

1. Grasp the crown pad fabric as close as possible to its plastic base and pull/pry it away from the helmet.
Notice how the crown pad plastic section aligns with the shell plastic sleeve. This will help orient you with the reinstallation.
2. Repeat the same at the rear.



Comfort Liner Installation

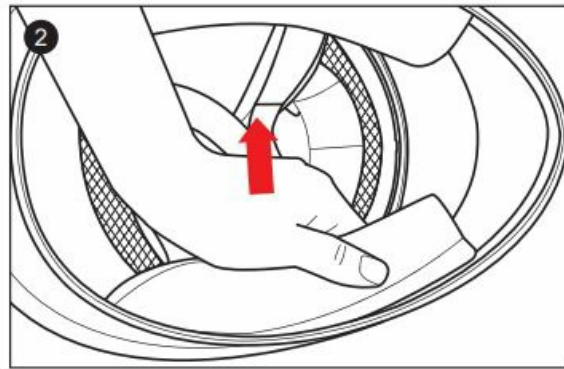
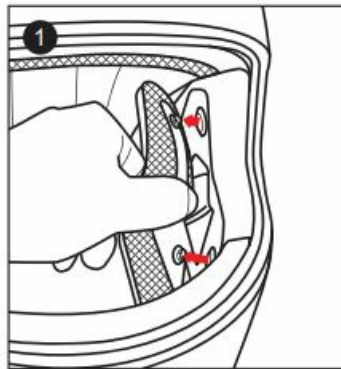
1. Install the front section first by aligning the plastic shell base and the crown pad plastic sleeve, ensuring that the center and side holes are properly aligned. Press the crown pad plastic sleeve (center portion) into the center of the channel which is built into the plastic shell base, working your way outward to each side.
2. Align and snap the two rear snaps into place.



Cheek Pad Removal

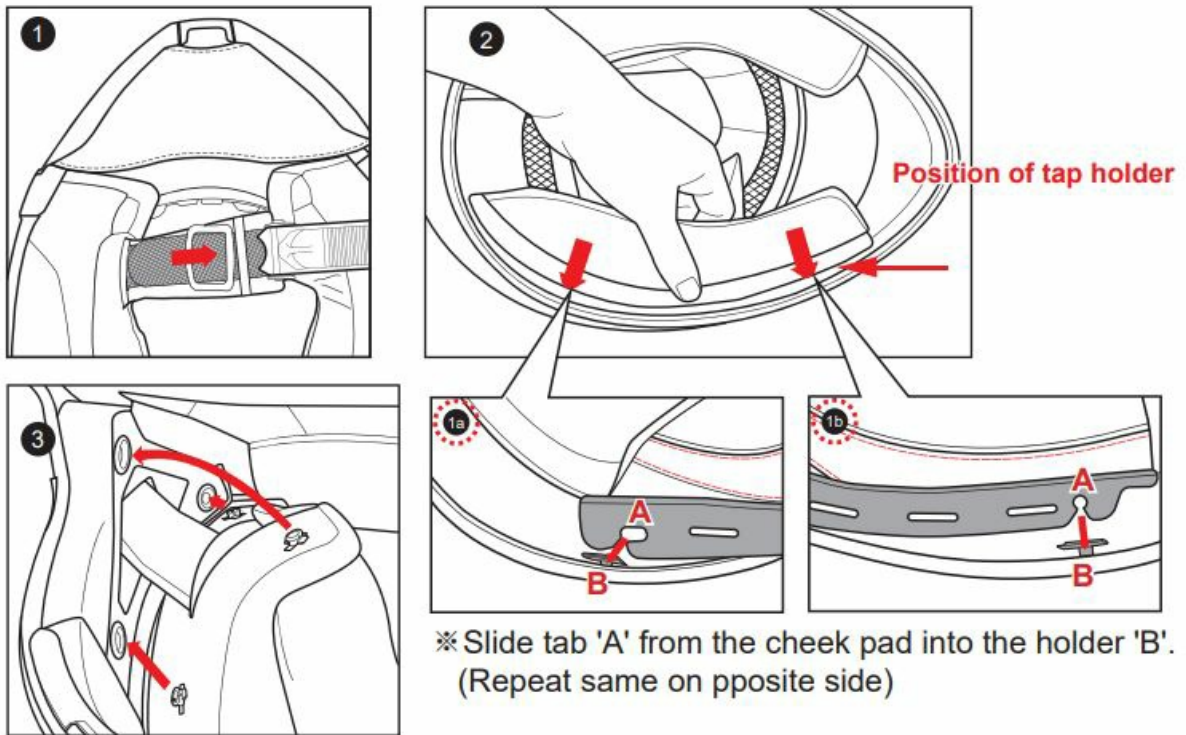
3 snaps are holding the cheek pad in place.

1. Gently pry the cheek pad away from the interior, releasing the snaps.
2. Grasp the cheek pad near its center and gently pull it free from the chin strap.



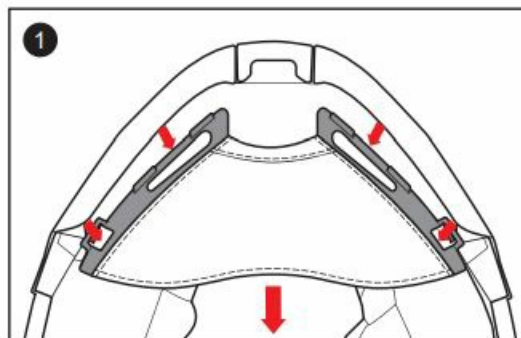
Cheek Pad Installation

1. Feed the chin strap through the opening in the cheek pad.
2. Align and fully slide the cheek pad plastic plate between the shell and the Liner.
3. Clip the cheek pad's 3 small male snaps to the 3 female snaps fixed on the shell interior.



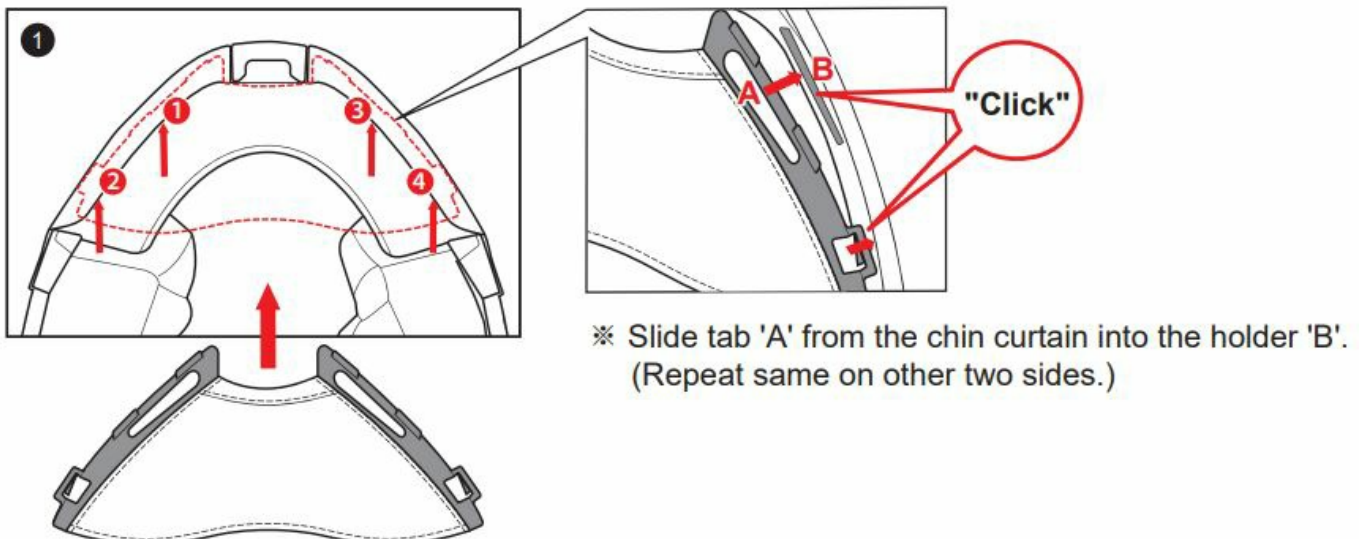
Chin Curtain Removal

Grasp the chin curtain fabric (one side at a time) at the bottom corners and gently pull the sleeve down and away from the shell.



Chin Curtain Installation

Align the center of the chin curtain with the center of the helmet. Push into place as arrows indicate. (Please assemble in order from 1 to 4. Check the "click" sound when inserting the chin curtain.)

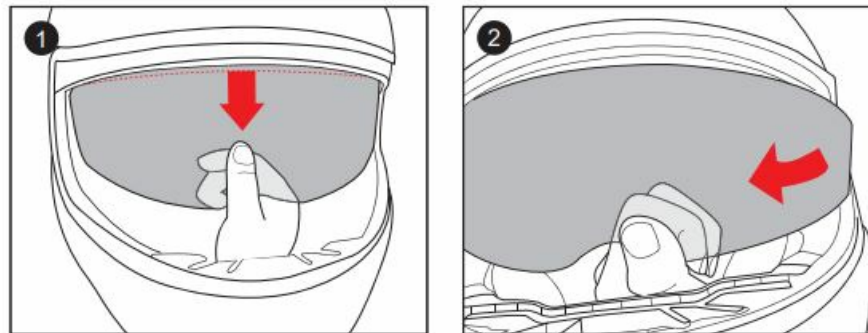


WARNING

- Try not to operate the sun shield while riding as this may impair your vision and may lead to an accident.
- DO NOT pull on the sun shield when it is already down. The sun shield may be ejected and this will increase the risk of serious injury or death in the event of an accident.
- Do not attempt to adjust the sun shield itself with your hands. Always use the sun shield lever.
- DO NOT use a sun shield at night time. The sun shield is only for daytime use. The sun shield does not provide eye protection. When you use the sun shield be sure that the clear visor(shield) is also in closed position.

Sun shield Removal

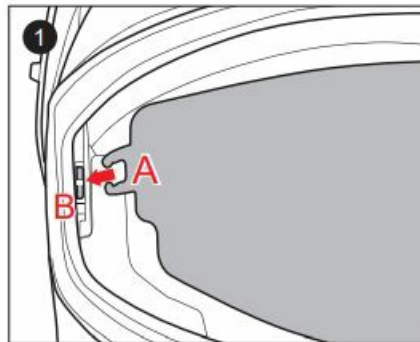
1. While the sun shield is in the lower position, gently pull it until you see the top of the sun shield.
2. Gently pull one side of the sun shield as the arrow indicates (repeat the same for the other side).



Sun shield Installation

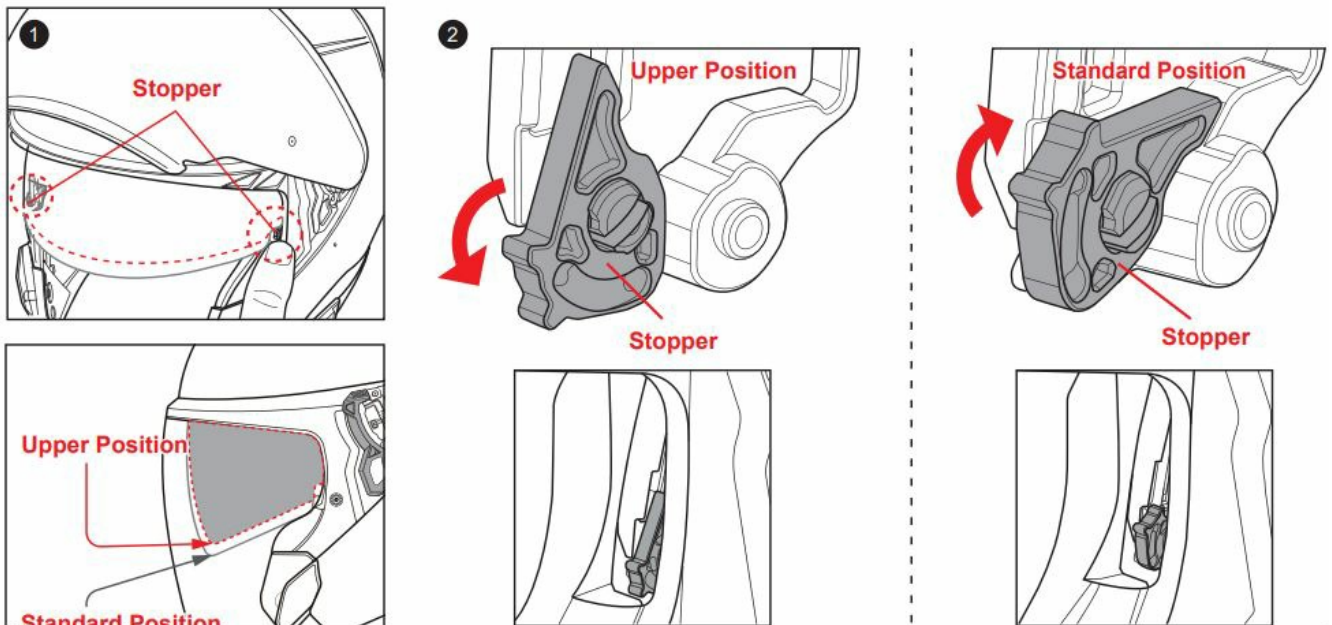
Insert sun shield tab 'A' into 'B' position. (Repeat same on the opposite side)

When installing the sun shield, be sure to have it slide behind the tap 'B' holder.



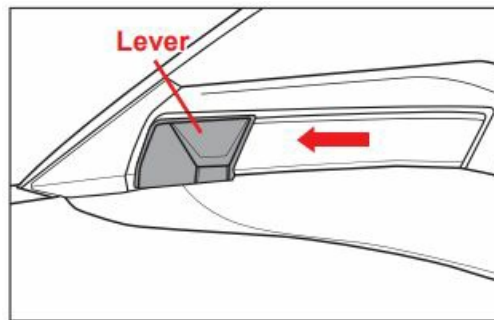
Sun Shield Position Guide

1. Check if the sun shield stoppers on both sides are in the standard position.
2. To raise the sun shield further and secure it, lower the stoppers towards the upper position. To return it to the standard position, raise the stoppers towards the standard position.

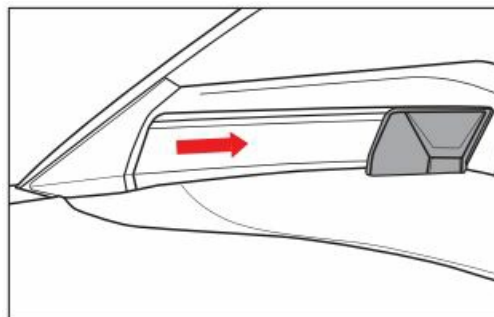


Sun shield Operation

- The above illustration shows the raised sun shield position.

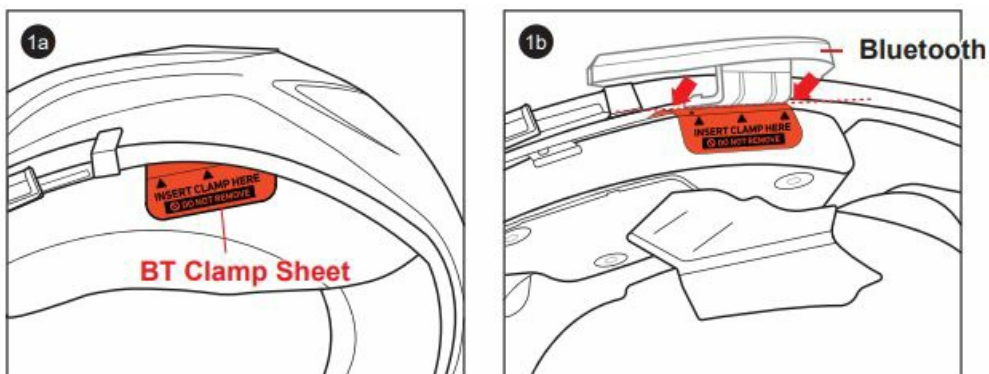


- The above illustration shows the lowered sun shield position.



How to install Sheet Bluetooth

Remove the cheek pad (see P.4 Cheek Pad Removal) and insert a Bluetooth device between the shell and the BT Clamp mounting plate. Install the Bluetooth device without overlapping the mounting plate.



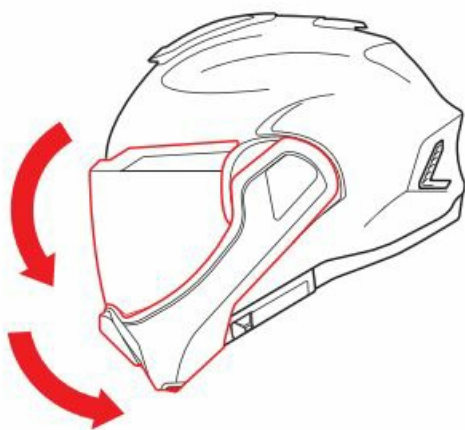
Be careful not to let the BT Clamp mounting plate go between the shell when inserting Bluetooth.

Mode Operation

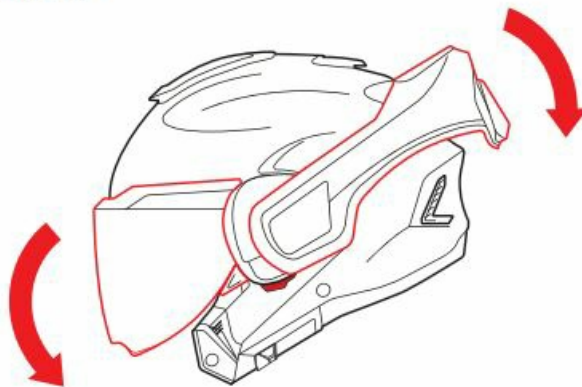
Helmet can be put on and removed easily when both the ear and visor(shield) are in the open position.

1. Lower the chin bar in the direction of the arrow and lower the visor in the direction of the arrow to enter P mode.
2. Flip the chin bar in the direction of the arrow and lower the visor in the direction of the arrow to enter J mode.

1 P Mode



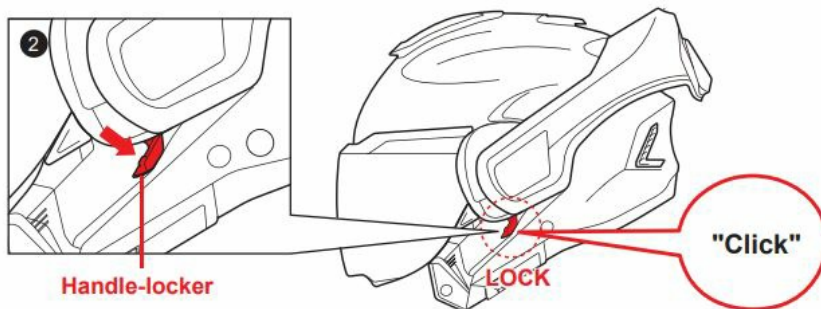
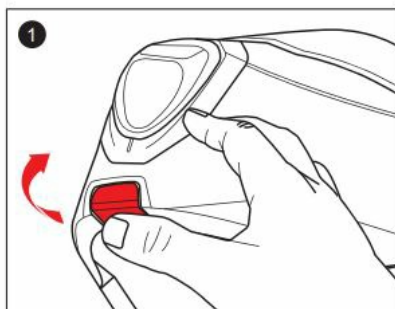
2 J Mode



Do not force the visor down before the chin bar is in its proper position.

Opening Chin Bar

1. To open the chin bar, simply pull the lever forward and push the entire bar upward.
 2. To fix this, move the chin bar to the stopper position and push the handle lock in the direction of the arrow.
- Listen for "Click" sound to ensure.



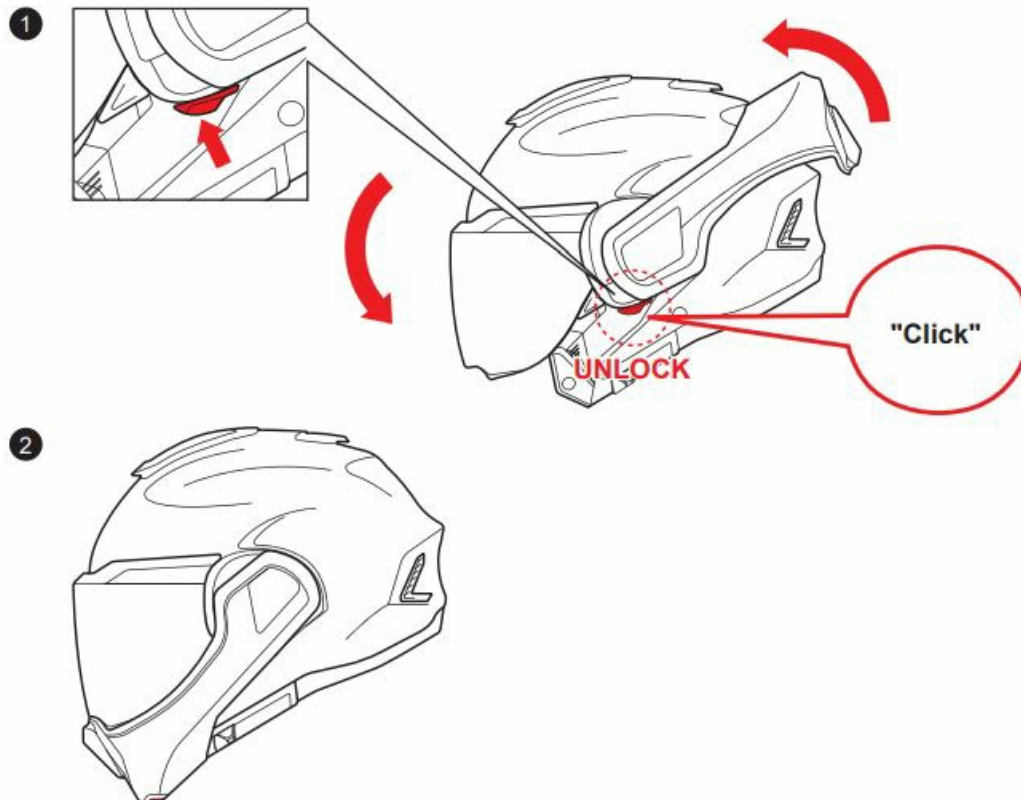
WARNING

To maximize the helmet's ability to protect, we highly recommend riding with the chin bar in the closed position. In the event a rider rides with the chin bar open, there is an increased risk of injury to the frontal area. Do not raise or lower the chin bar while riding. This may interrupt the rider's ability to control the motorcycle and may lead to an accident. Please use care when opening or closing the chin bar as it may scratch the helmet. Damage caused by this is not subject to the manufacturer's warranty. (Do not disassemble.)

Closing Chin Bar

WARNING

The visor may not be in the correct position when operating with the chin bar. Please make sure that the visor(shield) is fully closed before riding.



1. To release the lock, toggle the handle lock in the direction of the arrow. Listen for the “click” sound to ensure.
2. Pull the chin bar downward to completely cover your face and chin.

Important Safety Information

WARNING

- The instructions in this manual are designed to help you select the right helmet, wear it properly, take care of it, and know when to replace it. Failure to follow these instructions may increase your risk of serious injury or death in an accident.
- To get the most protection possible from your helmet, you should always do the following:
 - Wear your helmet when you ride;
 - Handle your helmet carefully to avoid accidental damage; and
 - Ride safely – do not take risks because you are wearing a helmet.
- Although your HJC helmet is designed to reduce or prevent some injuries when worn, no helmet can protect you from all possible or foreseeable impacts. For example, your helmet cannot protect you from spinal or neck

injuries. In addition, there is no guarantee that your helmet will PREVENT injuries to the area of your head that is covered. A low-speed accident may even result in serious injury or death.

Selecting the Right Helmet

• WARNING:

Never buy a used helmet or borrow someone else's helmet. Over time the protective foam in helmets will adjust to the contours of a user's head. A used or borrowed helmet may not offer as much protection as a new helmet.

• WARNING

- Wearing the wrong size helmet can increase your risk of serious injury or death in an accident. A helmet that is too large for your head may be dislodged or knocked off in an accident.
- To select the right size helmet for your head, follow these instructions:

1. Measure your head. Wrap a tape measure around your head about one inch (2.5cm) above your eyebrows.
2. Use the sizing chart to select the helmet size that corresponds most closely to your head measurement. If your head size falls between two helmet sizes, try on the larger helmet first and then the smaller size.

Size Chart

The size chart is only for reference. Always try the helmet on and follow this manual's instructions for a proper fit.

	XS	S	M	L	XL	2XL
Hat Size	6 3/4 – 6 7/8	6 7/8 – 7	7 1/8 – 7 1/4	7 1/4 – 7 3/8	7 1/2 – 7 5/8	7 3/4 – 7 7/8
Centimeter	54-55	55-56	57-58	58-59	60-61	62-63
Inch	21 1/4 – 21 5/8	21 5/8 – 22	22 1/2 – 22 7/8	22 7/8 – 23 1/4	23 5/8 – 24	24 3/8 – 24 3/4

3. Try on the helmet by grasping both chin straps to pull the helmet completely onto your head, ensuring that the top of your head is in contact with the top of the helmet interior.
4. Check for a proper fit. To make sure your helmet is the right size, check that :
 - The helmet's inner lining fits snugly around your head.
 - The top pad presses firmly on your head.
 - The cheek pads contact your cheeks.
 - There is no space around your brow under the inner lining. Test this by trying to insert your fingers.If the helmet does not fit snugly, try on a smaller size.
5. Check your field of vision when trying on a helmet. Some helmets may obstruct or block your vision when looking left, right, up, or down.

WARNING

Always make sure you can see well enough to safely operate your motorcycle.

6. Test the helmet fit by placing your hands on each side of the helmet. While holding your head as motionless as possible, try rotating your helmet from left to right then up and down. If you can feel the helmet padding sliding on your head, it is too big, try a size smaller. You should feel the helmet move the skin on your head and face

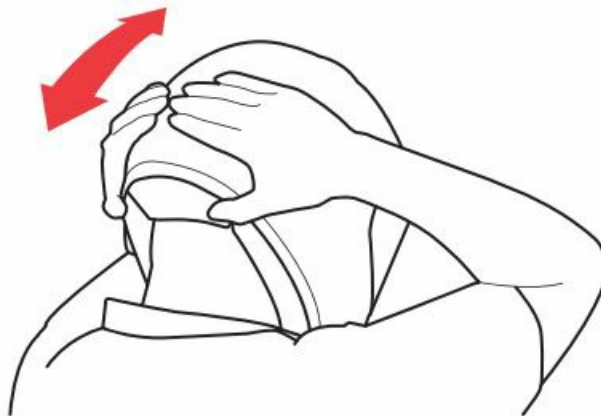
as you try to move the helmet.

7. Fasten the retention system (chin strap) as tight as possible under your jaw without causing pain. There must be no slack in the strap, and the strap must be tight up against your jaw.



8. Test the retention system (chin strap)

- Put your hands on the back of the helmet and try to push the helmet off by rotating it forward.
- Put your hands on the front of the helmet above your forehead (or on the chin guard) and try to push the helmet off by rotating backward.



If the helmet comes off or shifts over your eyes, try another size or another model or brand. You must be able to see the edge in your upper field of vision.

Repeat steps 3 through 8 until you find a helmet that fits your head snugly and securely.

Using Your Helmet Correctly

WARNING

To reduce the risk of serious injury or death and to help prevent damage to your helmet :

- Never adjust your helmet accessories while riding – Only make helmet adjustments when stopped.
- Never drop your helmet – Dropping your helmet may crack the shell or damage the protective foam. The damage may not be visible. Your helmet is only designed for ONE impact. Refer to “Helmet Replacement” (p. 12) for more information on what to do after the helmet has been dropped.
- Never wear anything between your head and your helmet – this may reduce the effectiveness of your helmet.
- Never hang or hook your helmet on anything including mirror stalks or sissy bars – Doing so may cause damage to the helmet’s protective foam or liner.
- Never use insect repellent on or around your helmet – insect repellent may damage your helmet’s visor(shield), shell, protective foam, or other components.
- Never expose your helmet to gasoline or gasoline fumes – Gasoline may damage your helmet’s visor(shield),

shell, protective foam, or other components.

- Never use a dark or tinted face visor(shield) at night or in low visibility conditions.
- If you have any questions on what other substances may damage your helmet, please contact us.
- Always wear eye protection – If you are not using a helmet with a face visor(shield), always wear eye protection when riding. Always lock your face visor(shield) in place when you are riding.
- Always be alert for sounds – Your helmet may impair your hearing. However, your helmet is not a form of hearing protection.
- Always store your helmet in its helmet bag when not in use to help reduce accidental surface damage.

WARNING

To reduce the risk of serious injury or death, always use your helmet correctly.

Inspect your helmet

To ensure that your helmet is in the best condition to maximize your protection, always inspect your helmet for damage before riding :

- **Check the visor(shield) and visor(shield) ratchet** – re-tighten the visor(shield) ratchet screws if necessary. Be sure not to over-tighten any screws. Plastic base plate screws can break and plastic screws can strip the screw sleeves if over-tightened.
- Check for helmet damage. If your helmet is damaged or cracked, stop using it immediately. See the “Helmet Replacement” (p. 12) section for further information. If your helmet has been dropped, you may not be able to see the damage.
- Check for worn or damaged parts. Plastic components may wear out over time. If you find worn or damaged parts, replace them or purchase a new helmet. See “Replacement Parts” (p. 12) for information on parts replacement.

WARNING

If parts fall off while riding, your vision may be blocked which could cause an accident.

- Check the retention system (chin strap) for damage. If it is frayed or ripped, replace the helmet.
- Check that all pads are in place. Both the cheek pads and the crown pads must be in place.

Check Your Face Visor(Shield)

If your face visor (shield) is scratched or damaged it may reduce the visibility-replace if necessary. Always make sure you can see well enough to safely operate your motorcycle.

Fasten the Retention System

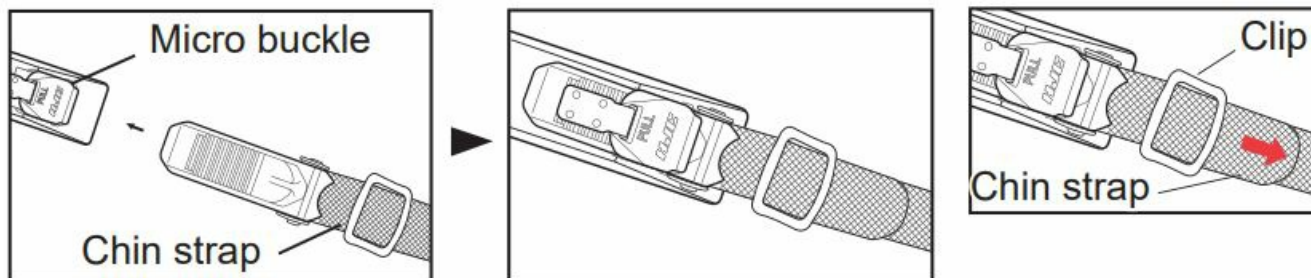
Fasten the retention system (chin strap) as tight as possible under your jaw without causing pain. There must be no slack in the strap, and the strap must be snug up against your jaw. If the retention system is not tight, your helmet may become dislodged or knocked off in an accident.

WARNING

Do not rely on the snap to secure the helmet. The snap is provided only to prevent the strap from flapping in the air. Fasten the retention system only in the following manner:

Micro Buckle

Hold the clip and pull the chin strap as directed above to adjust the fit.



Maintaining Your Helmet Correctly

Shell Cleaning

- Do not apply paint, stickers, petrol, or other solvents to this helmet.
- Only use approved methods to clean the helmet. Using other unapproved chemicals or methods may damage the helmet shell or lining. A damaged helmet may increase your risk of serious injury or death in an accident.
 Glossy Finish. HJC recommends cleaning your helmet with products designed for automotive cleaning and polishing. All HJC helmets are finished with an automotive-type base coat/clear coat finish. Rubbing compounds can be used for deep cleaning to remove many scratches and scuffs. Follow the product's instructions diligently. Over-polishing with rubbing compounds can cause light abrasions which may dull the finish of your helmet. Stickers and decals will leave adhesive residue when removed. To remove the adhesive residue, use alcohol swabs. Be certain to immediately wipe away the excess liquid and clean the area with soap and water once the adhesive residue is removed. Do not use excessive pressure while rubbing when attempting to remove the adhesive residue, instead use multiple light treatments.
- Non-Glossy Finish. For our flat finish (non-glossy) helmets, we recommend using warm water and mild soap. Use multiple treatments for heavier dirt. Do not use excessive pressure or rubbing compounds while cleaning the surface as a "glossy" effect could be created, running the flat finish appearance.

1. Please clean helmets from dust, bugs, or grass within one day.

Cleaning progress

1. Clean the helmet with warm water and cloth.
2. If there are any remains left, dry the helmet and remove any remaining contamination with the rubber eraser.

Do not use any alcohol or thinner to clean the helmet because they may damage the paint.

2. Avoid oil contamination as it is extremely difficult to clean once exposed.

Interior Cleaning

Although we recommend changing a helmet every 3 to 5 years, the accumulation of sweat, humidity, and dirt can deteriorate the fabric and stitching and this may cause odor. To wash HJC removable pads, hand washing is recommended. If you use a washing machine, please use on "Delicate" setting and air dry. HJC does not recommend using a spin-dryer for the interior pads as it may damage the material. For non-removable interiors, HJC recommends using anti-bacterial and mildew-eliminating products such as "Helmet Fresh." or other similar products.

Vent Cleaning

Dirt and debris can find its way into the venting of your HJC helmet. Compressed air cans used for cleaning computer keyboards may be used to blow the debris from the ventilation system. It is recommended that you remove any removable pads before doing this process.

Visor (Shield) Cleaning

The helmet visor(shield) is made of polycarbonate materials with a polyurethane abrasion-resistant coating. It should be cleaned using mild soap and warm water. Never use hot water, salt water, benzene, thinner, gasoline, or any other harsh agents. Additionally, the use of commercial visor(shield) cleaners is not recommended because they may affect the quality of the visor(shield) material. Treat carefully when cleaning the visor(shield) to preserve the abrasion-resistant coating. When deep scratches are visible, it is highly recommended that the helmet visor(shield) be replaced. Tinted visors (shields) are for "Daytime use only" and are not suitable for use at night or in conditions of poor visibility.

Replacement Parts

WARNING

Always check to make sure helmet pads are installed before using the helmet. A helmet with missing or improperly installed pads may increase your risk of serious injury or death in an accident.

Do Not Modify Your Helmet

Modifying your helmet may increase your risk of serious injury or death in an accident. Do not modify your HJC helmet. Modifications include the following :

- drilling holes;
- cutting shell, liner, or strap;
- modifying the retention system, including adding a chin cup;
- removing parts;
- painting; and
- attaching accessories that are not manufactured by HJC for this helmet.

Storing Your Helmet and Visor (Shield) Correctly

WARNING

An improperly stored helmet and visor(shield) can become damaged and may increase your risk of serious injury or death in an accident. You should:

- Store helmet and visor(shield) in a cool and dry place,
- Keep helmet and visor(shield) away from pets and other animals,
- Keep helmet and visor(shield) away from heat over 50°C and do not sit on or near hot surfaces.
- When helmets are left out in the sun for extended periods, they may fade over time.

Helmet Replacement

WARNING

Although your HJC helmet is constructed with the best materials available to offer a long-lasting product, it will eventually need to be replaced. Immediately replace your helmet if:

- It has suffered an impact. Your helmet is only designed for ONE impact. An impact may fracture the outer shell or compress the impact-absorbing liner. You may not be able to detect this damage. Any impact in a crash or a drop from as low as 4 feet is enough to damage your helmet.
- The shell, lining, or retention system is damaged. The helmet shell, the impact-absorbing lining, and the retention system must be in good condition to provide you with the most protection.

Even if your helmet has not been damaged, it needs to be replaced every 3 to 5 years depending on how much you use it. Over time, UV rays and adhesive and component aging will damage your helmet. Wearing a

damaged helmet may increase your risk of serious injury or death in an accident. If you are unsure if you need to replace your helmet, contact HJC before using your helmet again.

Helmet Disposal

WARNING

If you buy a new helmet, destroy the old one to ensure it cannot be reused. Do not sell or give away your old helmet, even if it has not been damaged. Over time the protective foam in the helmet will adjust to the contours of your head. If someone else uses this helmet it will not provide them with as much protection.

Warranty

HJC hereby extends a limited warranty to the purchaser of an HJC helmet that the helmet is free of defects in materials and workmanship.



Coverage

This warranty applies to manufacturer's defects only and the warranty period varies between HJC models. The RPHA Series warrants up to 5 years from the date of purchase or 7 years from the date of manufacture, while all other models warrant up to 3 years from the date of purchase or 5 years from the date of manufacture (whichever comes first). This warranty does not apply to any problems that arise from the wearer's misuse, negligence, modifications, accidents, etc. A change of fluorescent color is not subject to warranty as this is a typical characteristic of fluorescent color; it may fade or degrade depending on the user's environment.

Disclaimer

Any warranty of merchantability and any implied warranty are hereby expressly disclaimed. In addition, HJC shall not be liable for any consequential damage. **Procedure** To receive a warranty, please take your helmet, your receipt showing the date of purchase, and a brief memo that includes a description of the problem, your name, and phone number to the authorized HJC dealer from which you purchased your helmet.

Documents / Resources

 <small>Owner's Manual</small>  <small>CAUTION</small>	HJC F100 Rotational System Helmet [pdf] Owner's Manual HJ-45A, HJ-45B, F100 Rotational System Helmet, F100, Rotational System Helmet, System Helmet, Helmet
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References

-  [HJC Helmets Official Site – Full-Face, Open-Face, Off-Road Motorcycle Helmets](#)
- [User Manual](#)

[Manuals+](#), [Privacy Policy](#)

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