

# SEA HAWK HELMET USER MANUAL

The Declaration of Conformity can be accessed at:  
<https://www.ndiver-rescue.com/seahawk-helmet>

This helmet is designed to protect impact caused by collisions of the head with an obstacle whilst canoeing or in white water sports. It has passed EN 1385:2012 to show conformity to the EHRS of Regulation (EU)2016/425.

EU Type-examination conducted by:  
SGS Fimko Oy, Takomotie 8, FI-00380 Helsinki, Finland. Notified Body No.: 0598.

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For the latest information about all Northern Diver Specialist Rescue Equipment please visit [www.ndiver-rescue.com](http://www.ndiver-rescue.com)

**LIMITED IMPACT PROTECTION.** Helmets cannot always protect against injury. Even a very low speed accident can result in serious injury or death. Any helmet subjected to a severe impact should be discarded and destroyed, even though damage may not be outwardly visible.

**HELMETS CANNOT PREVENT ALL HEAD INJURIES.** Some head injuries are not caused by impacts at all, but by other forces. You can scramble an egg just by shaking it. You don't have to break the shell to destroy the contents.

**HELMETS CANNOT PREVENT THIS TYPE OF INJURY.** Helmets cannot protect what they do not cover. This helmet will not protect the neck or any areas of the head that it does not cover. It cannot guard against spinal or other bodily injuries that may result from an accident.

**SAFETY.** This helmet has a 5-year life span under normal use and should be replaced sooner than this if it takes significant impact, shows obvious signs of wear or if exposed to long periods of sun, hard use, or any contact with chemicals. Do not modify or remove any original component parts of the helmet, other than as recommended by Northern Diver. Do not adapt the helmet for the purpose of attaching accessories, other than as recommended by Northern Diver. Please exercise care and good judgment whenever you use your helmet.

## CARING FOR YOUR HELMET

**Cleaning:** For cleaning, maintenance or disinfection, use only substances that have no adverse effect on the helmet and are not known to be likely to have any adverse effect upon the wearer, when applied in accordance with the manufacturer's instructions and information. Clean the helmet using a soft cloth or sponge, warm water and mild soap.

Excessive heat can damage the helmet. In direct sunlight, dark gear bags and automobile trunks can get hot enough to cause heat damage. Damaged helmets will appear to have uneven or bubbly surfaces. The helmet should be stored and transported in a cool, dark place away from direct sunlight.

**WARNING:** DO NOT use heat damaged helmets.

**WARNING:** The attention of users is also drawn to the damage of modifying or removing any of the original component parts of the helmet, other than as recommended by the helmet manufacturer.

**WARRANTIES:** Northern Diver warrants to the original purchaser of this product that the product is free of defects in material and workmanship for a period of one year from the original date of purchase.

This warranty does not apply to defects of physical damage resulting from abuse, neglect, improper repair, improper fit, alterations, or use unintended by the manufacturer. If your helmet is found to be defective in materials or workmanship within one year from the date of purchase, Northern Diver can either repair or replace the helmet free of charge. Northern Diver does not warranty any helmet damaged due to heat or contact with solvents

## YOU SHOULD ALWAYS:

1. Wear your helmet low in the front to protect the forehead.
2. Fasten your buckle and tighten your chin strap.
3. Check your adjustments every time you wear your helmet.
4. Replace your helmet after an accident, even if no damage is visible.
5. Store your helmet in a cool dry place.
6. Wear a helmet designed for what you're doing.

## YOU SHOULD NEVER:

1. Wear a helmet that's been in an accident, even if no damage is visible.
2. Wear someone else's helmet.
3. Wear your helmet with the buckle unfastened.
4. Wear your helmet tipped back to expose your forehead.
5. Wear anything under your helmet that has not been recommended
6. Clean your helmet with chemical cleaners.

## CONTACTING NORTHERN DIVER

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## FITTING THE HELMET TO YOUR HEAD

In order for your Northern Diver helmet to work correctly, it must fit and be worn correctly. Follow these simple steps to learn how to properly fit and wear your helmet. Please note these instructions are a guide for your general use. Helmet components mentioned may not be exact to the helmet you have purchased but will be very similar. Illustrations are for reference and do not depict any particular helmet.

Prior to each use, inspect the helmet and retention system for any damage that could affect the protection afforded by the helmet. If any damage is found during the inspection, retire the helmet from use.

### STEP 1: WEAR HELMET IN ITS PROPER POSITION

Always wear the helmet low in the front to protect the forehead (Fig. 1A). Never wear the helmet tipped back to expose your forehead (Fig. 1B).

**IMPORTANT:** All fitting adjustments **MUST** be made with the helmet in the proper position. Failure to do so will result in a poor fit. This will allow the helmet to move out of position or come off in an accident.

### STEP 2: ADJUST THE STRAPS

To adjust the position of the straps:

A. Open the Cam-Lock adjusters (Figure 2). Put the helmet on and slide the straps through the adjusters until they are located in the correct position as indicated in (Figure 3).

B. Make sure there is no slack in any of the straps when the adjusters are positioned correctly. C. Close and lock the Cam-Lock adjusters. The front and rear straps should join at the point slightly below and in front of (but not covering) the ears (Figure 3).

### STEP 3: ADJUST THE CHIN STRAP

**ADJUST THE CHIN STRAP** Always wear the helmet with the chin strap buckle fastened and the strap pulled tight. Figures 4 and 5 show how to fasten and release the buckle. Make sure the strap is well back against the throat, NOT on the point of the chin. Straps worn on the point of the chin increase the chance of the helmet coming off in an accident. Figure 6 shows the proper position of the chin strap.

### WARNING!

Make sure the loose end of the strap passes through the rubber "O" ring (Figure 7). If it does not, the strap may slide loose, and the helmet can come off accidentally.

### STEP 4: GETTING THE CORRECT FIT

The helmet fits correctly when it is held firmly but comfortably in place by the interior fit pads and the fit system. This helmet has the TwistFit system. Simply twist the dial located at the back of the head, clockwise to tighten and anti-clockwise to loosen. The fit system should be snug, but not uncomfortably tight.

### STEP 5: CHECKING THE FIT AND ADJUSTMENTS

Before using the helmet, make sure it fits correctly, the straps are correctly adjusted, and the chin strap is tight enough. Put the helmet on in the correct position. Fasten the chin strap and pull it tight.

A. Check the fit. Grab the helmet with both hands and twist it to the left and to the right. If the helmet fits right, the skin on the forehead will move as the helmet moves. If it does not, the helmet is too loose. Return to Step 4.

B. Check the straps. Grab the helmet with both hands and try to remove it by rolling the helmet forward and backward as far as you can making a serious effort.

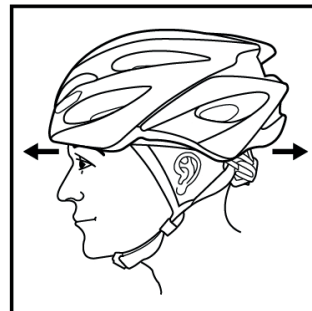


Figure 1A

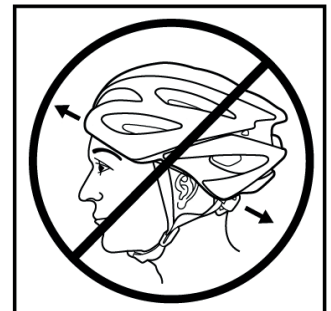


Figure 1B

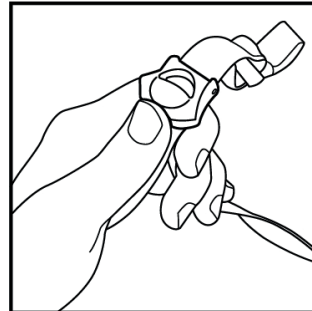


Figure 2

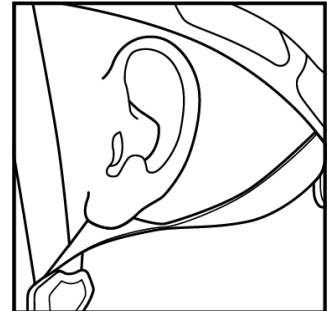


Figure 3

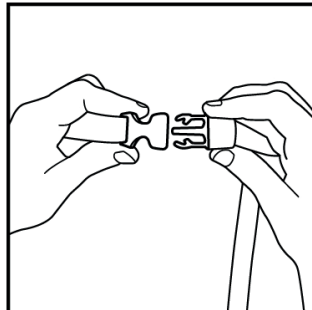


Figure 4

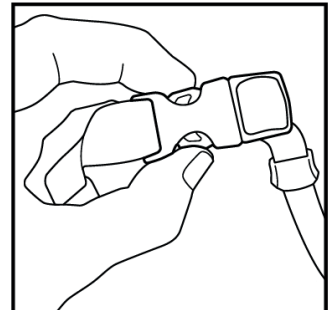


Figure 5

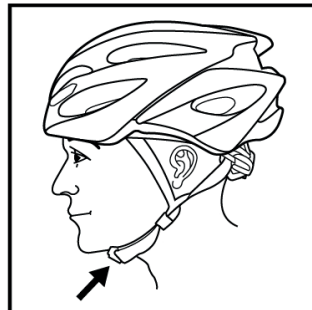


Figure 6

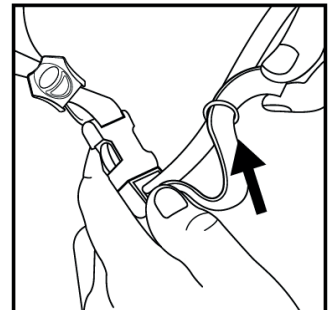


Figure 7

**THIS IS IMPORTANT.** If you can roll it off the head completely in either direction, by rolling it forward so far that it blocks your vision, or backward far enough to expose the forehead, it doesn't fit correctly. Repeat Steps 2 and 3 until the helmet movement is minimal.

**WARNING!** If you cannot adjust the helmet to fit properly according to Step 5, **DO NOT USE THIS HELMET.** Replace it with a different size or model. Return it to your dealer or contact Northern Diver for assistance. Once you are satisfied that the helmet fits correctly and that all straps are properly adjusted and tightened, take a short test ride. Pay attention to overall comfort and helmet stability while riding. Make any minor adjustments to the fit pads and straps to improve comfort or stability