



#1 IN THE WORLD

HJC VINA LIMITED COMPANY / Made in Vietnam

# F70

OWNER'S MANUAL

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[www.hjchemets.com](http://www.hjchemets.com)

Rev. 01

## WARNING

For your safety, it is important that you completely read the owner's manual and all warning labels.





# F70

- **Advanced Fiberglass Composite Shell:** Lightweight, superior fit and comfort using advanced CAD technology.
- **"ACS" Advanced Channeling Ventilation System:** Full front-to-back airflow flushes heat and humidity up and out.
- **Integrated Sunshield:** Black Dark Smoke sunshield deploys quickly and easily with new wire operation system with easy-to-reach lever position. Anti-fog coated.
- **MultiCool(Cheek pads) and SuperCool(Comport liner) Interior with advanced anti-bacterial fabric:** Provides enhanced moisture-wicking and quick-drying functions, superior to previous generation.
- **Crown and cheek pads:** Removable and washable
- **Cheek pads:** Interchangeable throughout all shell sizes
- **Retention:** Double D-ring
- **Glasses grooves:** Accommodates riders who wear eyeglasses and sunglasses
- **Smooth and easy to operate ratchet system with minimized size**
- **Anti-fog lens pin prepared HJ-32 Shield:** Provides 95% UV protection.
- **Included parts:** Breath deflector, Chin curtain
- **Speaker pockets:** For Bluetooth communication
- **Ready for Bluetooth** (BT sold separately)

DOT&ECE Approved  
SIZES: XS-2XL

※ Please visit [www.hjchelmets.com](http://www.hjchelmets.com) for more information about HJC helmets.

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## 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.

In order 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.

### Sizing Chart

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

Hat Size	XS	S	M	L	XL	2XL
Centimeter	6 5/8 - 6 3/4	6 7/8 - 7	7 1/8 - 7 1/4	7 3/8 - 7 1/2	7 5/8 - 7 3/4	7 7/8 - 8
Inch	20 7/8 - 21 1/4	21 5/8 - 22	22 1/2 - 22 7/8	23 1/4 - 23 5/8	24 - 24 3/8	24 3/4 - 25 1/4

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 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.

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.

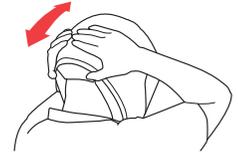
While holding your head as motionless as possible, try rotating your helmet from left to right then up and down. If you can feel the helmet padding sliding on your head, it is too big, try a size smaller. You should feel the helmet move the skin on your head and face as you try to move the helmet.



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. See page 5-6.

8. **Test the retention system (chin strap)**

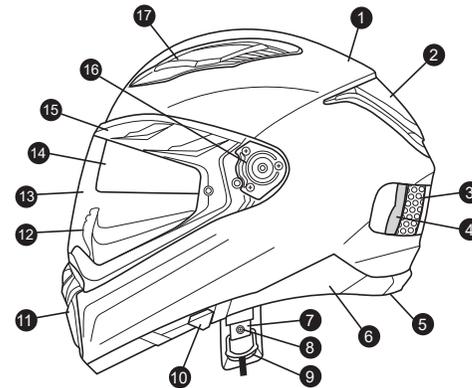
- Put your hands on the back of the helmet and try to push the helmet off by rotating it forward.
- Put your hands on the front of the helmet above your forehead (or on the chin guard) and try to push the helmet off by rotating backward.



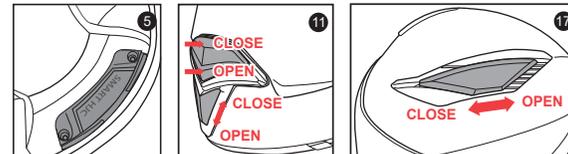
**WARNING** If helmet comes off or shifts over your eyes, try another size or another model or brand. You must be able to see the edge in your upper field of vision.

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

## Specifications



1. Outer Shell
2. Rear Venturi Exhausts
3. Impact Absorbent Liner
4. Comfort Liner
5. Bluetooth Cover
6. Rubber Edge Trim
7. Chin Strap
8. Chin Strap Snap
9. Double "D" Ring
10. Sunshield Lever
11. Front Chin Vent
12. Breath Deflector
13. Shield
14. Sunshield
15. Eyeport Gasket
16. Shield Ratchet
17. Top Vent



## Using Your Helmet Correctly

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

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. 11) for more information on what to do after 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 protective foam or liner.
  - **Never use insect repellent on or around your helmet** – insect repellent may damage your helmet’s shield, shell, protective foam, or other components.
  - **Never expose helmet to gasoline or gasoline fumes** – Gasoline may damage your helmet’s shield, shell, protective foam, or other components.
  - Never use a dark or tinted face 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 shield, always wear eye protection when riding. Always lock your face 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 shield and shield ratchet** – re-tighten 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 “Helmet Replacement” (p. 11) 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. 11) 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 of the cheek pads and the crown pads must be in place.

### Check Your Face Shield

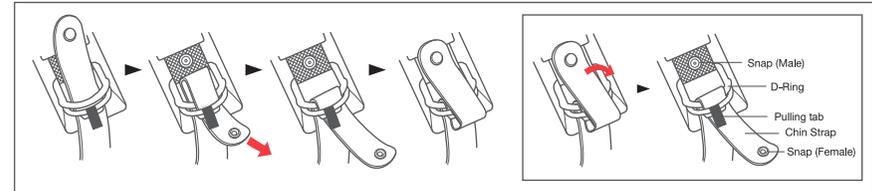
If your face shield is scratched or damaged it may reduce the visibility-replace if necessary. Always make sure you can see well enough to safely operate your motorcycle.

### 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:

### Double “D” Ring



## Maintaining Your Helmet Correctly

### Shell Cleaning

**▲WARNING** 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 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 do not recommend using spin-dryer for the interior pads as it may damage the material. For non-removable interiors, HJC recommends using anti-bacteria and mildew eliminating products such as “Helmet Fresh.” or other similar product.

### Vent Cleaning

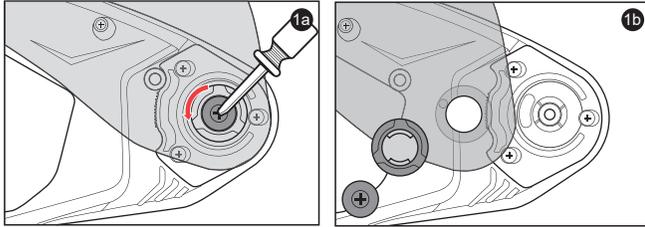
Dirt and debris can find its way into venting of your HJC helmet. Compressed air cans used for cleaning computer keyboards may be used to blow the debris from the ventilation system. It is recommended that you remove any removable pads before doing this process.

## Shield Cleaning

The helmet shield is made of polycarbonate materials with a polyurethane abrasion resistance 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 shield cleaners is not recommended because they may affect the quality of the shield material. Treat carefully when cleaning the shield to preserve the abrasion resistant coating. When deep scratches are visible, it is highly recommended that the helmet shield be replaced. Tinted shield are for "Day time use only" and are not suitable for use at night or in conditions of poor visibility.

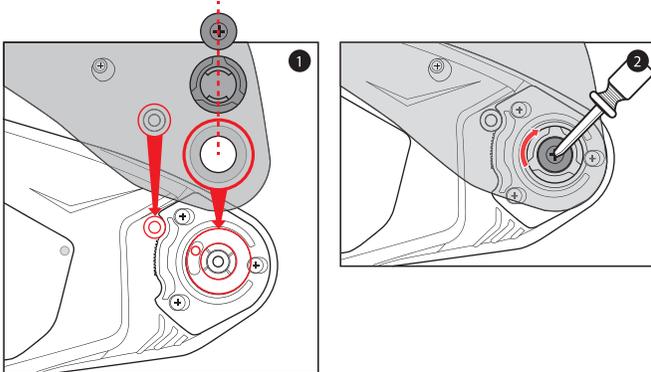
## Shield Removal

1. Rotate the screw counterclockwise to disassemble. Remove the shield.



## Shield Installation

1. Align and insert the top of the shield guide into the plate-gear guide.
2. Rotate the screw clockwise.

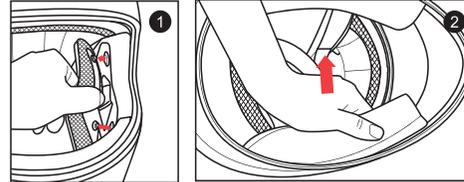


**⚠️WARNING** Always check to make sure helmet pads are installed before using the helmet. A helmet with missing or improperly installed pads may increase your risk of serious injury or death in an accident.

## Cheek Pad Removal

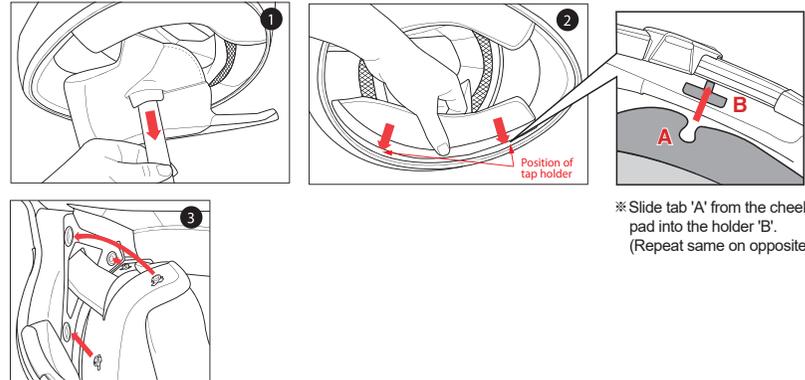
There are 3 snaps holding the cheek pad in place.

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

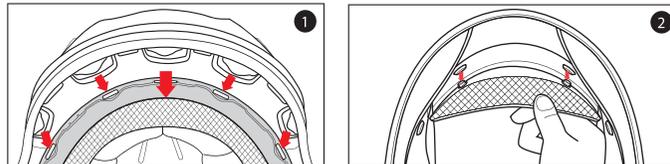
1. Feed the chin strap through the opening in the cheek pad.
2. Align and fully slide the cheek pad plastic plate between shell and EPS.
3. Clip the cheek pad's 3 small male snaps to the 3 female snaps fixed on the shell interior.



※ Slide tab 'A' from the cheek pad into the holder 'B'.  
(Repeat same on opposite side)

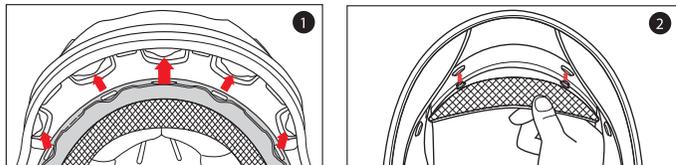
## Crown Pad Removal

1. Grasp the crown pad fabric as close as possible to its plastic base and pull/pry 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 same at rear.



## Crown Pad 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.

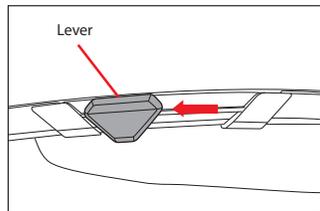


### ⚠️WARNING

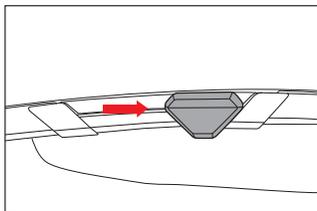
Try not to operate the sunshield while riding as this may impair your vision and may lead to an accident. DO NOT pull on the sunshield when it is already down. The sunshield may be ejected and this will increase the risk of serious injury or death in the event of an accident. DO NOT attempt to adjust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

## Sunshield Operation

Above illustration shows raised sunshield position.

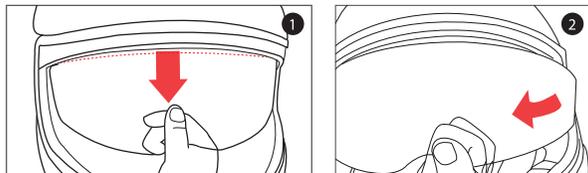


Above illustration shows lowered sunshield position.



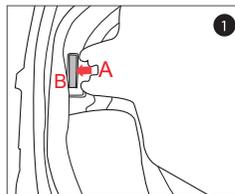
## Sunshield Removal

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



## Sunshield Installation

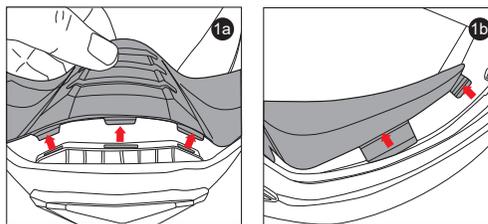
1. Insert sunshield tab 'A' into 'B' position. (Repeat same on opposite side)



※ When installing the sunshield, be sure to have it slid behind the tap 'B' holder.

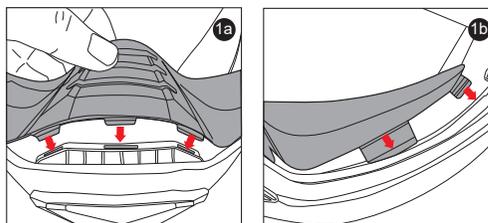
## Breath Deflector Removal

1. Push breath deflector flat and pull away from the helmet as arrows indicate.



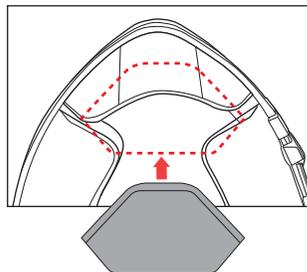
## Breath Deflector Installation

1. Push breath deflector into specified slot as arrows indicate.



⚠️WARNING The breath deflector is provided to minimize fogging in certain conditions. If it limits your view, simply remove it.

## How to install additional Chin Curtain



\* This pad is attached in the interior of chin curtain and it blocks the air coming in towards the neck.

## Replacement Parts

**⚠️WARNING** Use of replacement parts not manufactured by HJC may increase your risk of serious injury or death in an accident. Only use HJC parts that are specifically designed to work with this helmet.

## Do Not Modify Your Helmet

Your HJC helmet is designed to meet DOT & ECE standard. Contact HJC America for more information about the DOT & ECE standard.

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.

If you have questions about modifications, please contact HJC America. See back cover for contact information.

## 🔍 Storing Your Helmet Correctly

**⚠️WARNING** An improperly stored helmet can become damaged and may increase your risk of serious injury or death in an accident. You should:

- Store helmet in a cool and dry place,
- Keep helmet away from pets and other animals,
- Keep helmet away from heat in excess of 122°F and do not set on or near hot surfaces.
- When helmets left out in the sun for extended periods of time, it may fade overtime.

## 🔍 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 America 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 a HJC helmet that the helmet is free of defects in materials and workmanship.

### Coverage

This warranty is applicable 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 date of manufacture, while all other models warrant up to 3 years from the date of purchase or 5 years from date of manufacture (whichever comes first). This warranty does not apply to any problems that arise from 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 damages.

### Procedure

In order to receive 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.