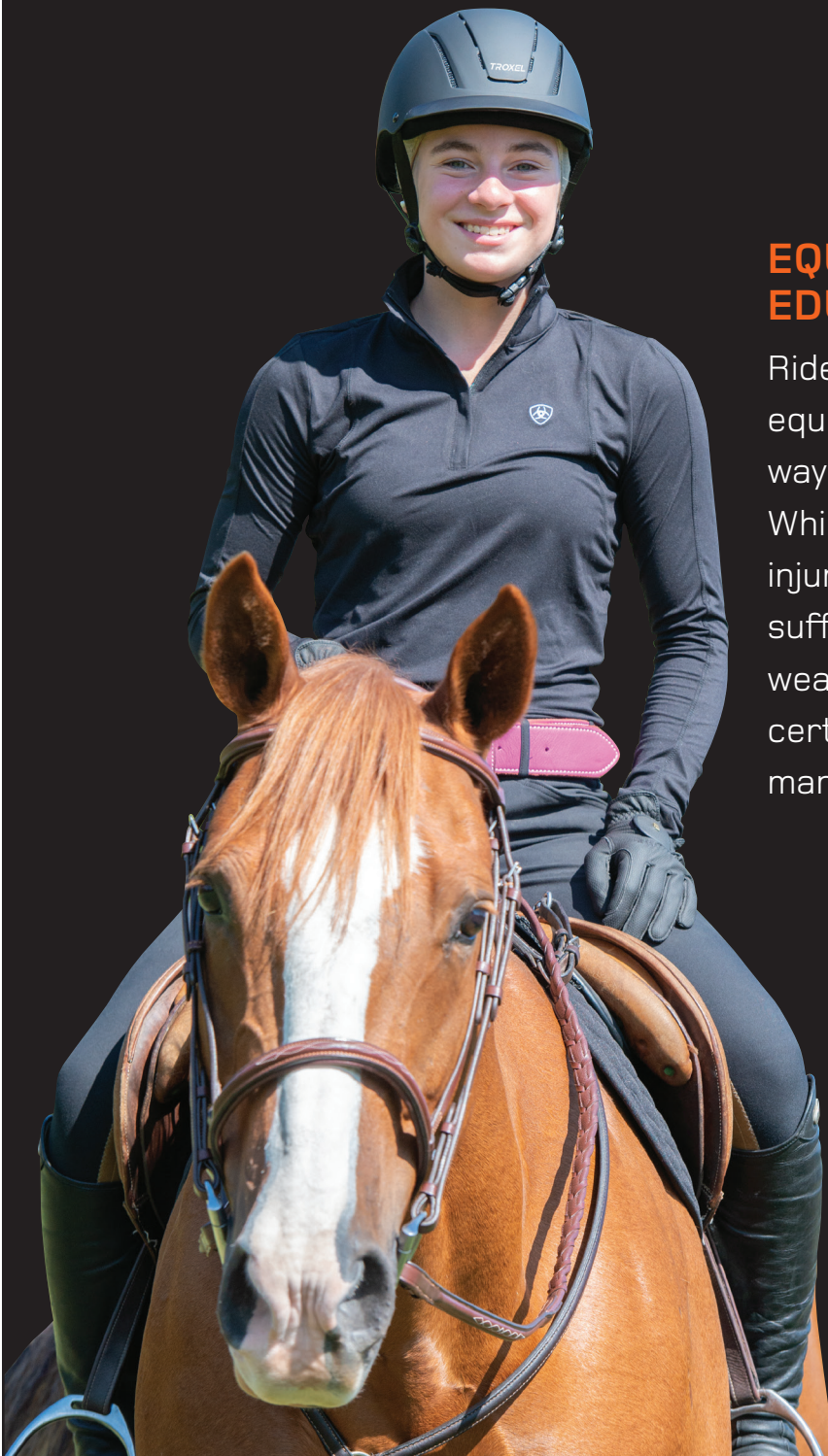


# TROXEL™

## EQUESTRIAN HELMET EDUCATION GUIDE:

Ride with confidence - A certified equestrian helmet is the smartest way to protect yourself while riding. While no helmet will prevent all injuries, you're far less likely to suffer a serious head injury if you're wearing a helmet with ASTM/SEI certification. Every helmet Troxel manufactures meets that standard.



[TROXELHELMETS.COM](https://troxelhelmets.com)

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## FACTS:

### How often horse-related injuries happen?

- About 70,000 people go to the emergency room each year for equestrian-related injuries. About 12,000 of those people have suffered head injuries.
- Among lifetime riders (people who ride 6 or more times a year), 13% have been hospitalized with a riding injury.
- Horseback riders have the same number of injury accidents per riding hour as motorcycle riders.

### Who gets injured?

- All riding disciplines have a significant rate of head injuries. Head injuries are the most common reason for equestrian-related hospitalization and fatal injuries.
- Unpredictable riding events — a horse spooking, bucking, or bolting — account for most head injuries, but 20% happen during non-riding activities or as a bystander. Wear your helmet when around horses even if you are not mounted.
- Your level of expertise doesn't protect you: The risk of injury is tied to cumulative riding time, not level of expertise.
- Taking it slow isn't the answer, either: Severity of the injury is most closely influenced by your distance above the ground. A fall from only 2 feet high can cause permanent brain damage.

### How helmets protect you?

- When you take a fall, a certified helmet absorbs energy by crushing and extending your head's stopping time to reduce the peak impact on the brain significantly.
- Helmets are built to compress and fracture on serious impact. A broken helmet is not a sign of a faulty one — in fact, it may crush or crack as it absorbs the energy that could otherwise cause you serious injury.

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## FREQUENT QUESTIONS:

### What is SEI / ASTM certification?

SEI is the Safety Equipment Institute, an organization that certifies protective equipment for a variety of industries. ASTM is one of the world's most respected standards organizations, setting standards for everything from curing of concrete to hotness of red peppers to protective headgear.

For equestrian helmets, SEI has selected the ASTM standard F1163-15 to evaluate helmet performance. All Troxel helmets are SEI certified to the current ASTM Equestrian Helmet Standard. SEI requires testing at an independent lab to the F1163-15 ASTM Standard.

### Do more expensive helmets have a better safety record?

As long as your helmet is SEI/ASTM certified, you're buying a certified protective helmet. Spending more might get you different padding, fancier styling or materials, but it doesn't translate into advanced protection.

### How often should helmets be replaced?

All Troxel helmets involved in an accident should be replaced immediately. Your helmet is only designed for one impact event.

All active gear will suffer from differing degrees of normal wear-and-tear, depending upon the user. Equestrian helmets used by a rider 150 days a year will, by comparison, wear faster than gear used by a weekend rider. By taking care of your Troxel helmet, you will ensure a longer lifespan for your product. However, due to evolving standards, technologies and the potential for unseen material deterioration, it is recommended that you replace your helmet at least every five years from the date of purchase. Those who ride often should replace their helmet more often.

### Can I paint or sticker my helmet?

We strongly advise against painting, applying stickers, gluing crystals, cameras or any other objects to or otherwise modifying a helmet as all of these modifications can damage the helmet and/or reduce its protective capabilities.



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## CONCUSSION:

Troxel equestrian helmets have been engineered to prevent severe head injuries and deaths. They are highly effective at this task. No equestrian helmets in the market at this time prevent concussions or are advertised to do so. Equestrian helmets are designed to deflect, absorb and crush during impact.

### What is a concussion?

A concussion is most often caused by a sudden direct blow or bump to the head. When you sustain a concussion, the impact can jolt your brain. The brain is made of soft tissue. It's cushioned by spinal fluid and encased in the protective shell of the skull. Traumatic brain injuries can cause bruising, damage to the blood vessels, and injury to the nerves.

Concussions can be difficult to diagnose. Though you may have a visible cut or bruise on your head, you can't actually see a concussion. Signs may not appear for days or weeks after the injury. Some symptoms last just for seconds; others may linger.

### Are concussions fairly common?

Some estimates say a mild brain trauma is sustained every 21 seconds in the U.S. But it's important to recognize the signs of a concussion so you can take the proper steps to treat the injury.

### What are the signs of a concussion?

There are some common physical, mental, and emotional symptoms a person may display following a concussion. Any of these could be a sign of traumatic brain injury:

- confusion or feeling dazed
- clumsiness
- slurred speech
- nausea or vomiting
- headache
- balance problems or dizziness
- blurred vision
- sensitivity to light or noise
- sluggishness
- ringing in ears
- behavior or personality changes
- concentration difficulties
- memory loss

### What should I do if I think I have a concussion?

If you think you or someone you know may have a concussion, it is important that you seek medical attention. A health care professional can decide how serious the concussion is and whether you require treatment.





# TROXEL™

## HELMET SIZE GUIDE

How to choose your helmet size.

- 1 Measure**  
Use a measuring tape to measure around your head one inch above your eyebrows. Or use a string to measure and then lay it out and measure the length of the string.



- 2 Choose Size**  
Use this chart to convert measurement to hat size:

<b>Head Size</b> (inches)	19 <sup>5</sup> / <sub>8</sub>	20	20 <sup>3</sup> / <sub>8</sub>	20 <sup>3</sup> / <sub>4</sub>	21 <sup>1</sup> / <sub>4</sub>	21 <sup>5</sup> / <sub>8</sub>	22	22 <sup>3</sup> / <sub>8</sub>	22 <sup>3</sup> / <sub>4</sub>	23 <sup>1</sup> / <sub>8</sub>	23 <sup>5</sup> / <sub>8</sub>	24	24 <sup>3</sup> / <sub>8</sub>
<b>Head Size</b> (centimeters)	50	51	52	53	54	55	56	57	58	59	60	61	62
<b>Hat Size</b>	6 <sup>1</sup> / <sub>4</sub>	6 <sup>3</sup> / <sub>8</sub>	6 <sup>1</sup> / <sub>2</sub>	6 <sup>5</sup> / <sub>8</sub>	6 <sup>3</sup> / <sub>4</sub>	6 <sup>7</sup> / <sub>8</sub>	7	7 <sup>1</sup> / <sub>8</sub>	7 <sup>1</sup> / <sub>4</sub>	7 <sup>3</sup> / <sub>8</sub>	7 <sup>1</sup> / <sub>2</sub>	7 <sup>5</sup> / <sub>8</sub>	7 <sup>3</sup> / <sub>4</sub>

**Disclaimer:** This conversion chart is a guide only and does not constitute a guarantee as to the fit of the helmet. Some people may have a unique head shape changing what size they need. Some helmets fit different shaped heads better than others.

- 3 Select Your Helmet**  
Select the helmet model you would like to purchase and review the specific size range available and order accordingly.



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## FIT YOUR HELMET IN 3 EASY STEPS

### 1

#### Try

- A) Open the **DialFit™** if the helmet comes with this feature.
- B) Try on the helmet. It should fit snug but not be uncomfortable.



### 2

#### Adjust

- A) Adjust the inner padding by folding under the **FlipFold™** tabs for more or less cushion.
- B) Adjust the slide glides on the straps to sit underneath your ears to form a "V".
- C) Adjust the length of the retention system straps to fit snug under your jaw and use the o-rings to secure the excess.
- D) To fine tune your fit, engage the **DialFit™** or adjust the slider on the elastic bands of the **SureFit™**.



### 3

#### Check

With your helmet level on your head, check the fit and straps and make sure the buckle is locked securely.

