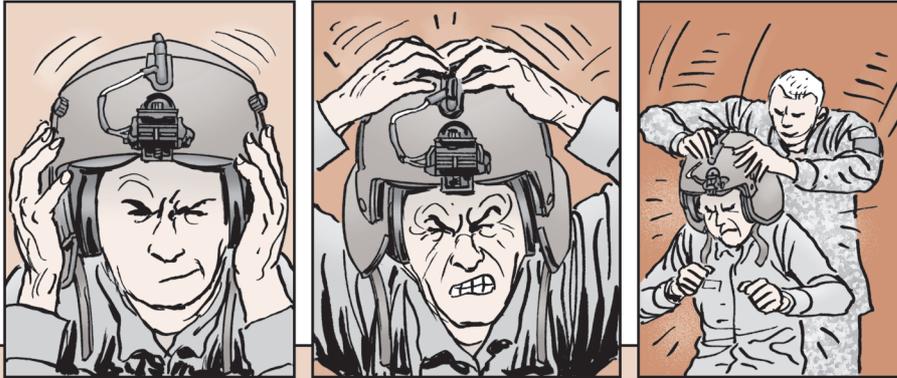


# A Snug Fit



HOLD STILL...



BEFORE YOU GET TOO DRASTIC... HERE ARE SOME TIPS FOR PUTTING ON THAT HELMET!

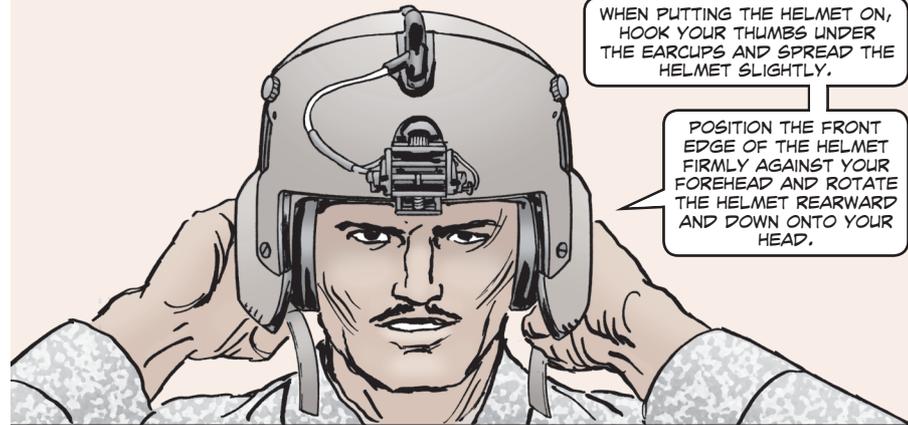


**W**earing the aircrew integrated helmet system (AIHS) can be uncomfortable if you just jam it on your noggin.

A good fit starts with the right size helmet. Your beret size is **not** your helmet size! Before you pick up your helmet from CIF, visit the ALSE shop to get your head measured. Measuring instructions can be found in TM 1-1680-377-13&P on IETM EM 0250.

After picking up your helmet, you will need to go back to the ALSE shop. Your technician will use the information in the IETM to fit your helmet.

Your job is to put the helmet on right!



WHEN PUTTING THE HELMET ON, HOOK YOUR THUMBS UNDER THE EARCLIPS AND SPREAD THE HELMET SLIGHTLY.

POSITION THE FRONT EDGE OF THE HELMET FIRMLY AGAINST YOUR FOREHEAD AND ROTATE THE HELMET REARWARD AND DOWN ONTO YOUR HEAD.

Press the helmet down firmly with both hands to ensure the helmet is properly positioned on your head. Then fasten and adjust the chinstrap.

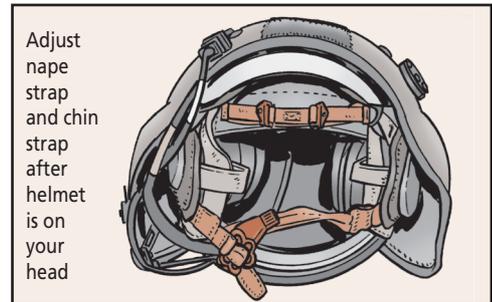
Now adjust the nape strap. Pull the nape strap pad down and tighten the adjustment straps. If you don't, the helmet's unstable and will put your noggin at risk of injury.

If your helmet is too tight or too loose, let your ALSE Tech know so he can adjust your helmet liner to improve comfort.

If you have long hair, make sure it is down and flat in the back. If you change your hairstyle, you'll need to recheck that your helmet fits properly.

If you and your ALSE Tech cannot get a good fit using the procedures in the IETM, the US Army Aviation Research Lab (USAARL) has a special fit program. Your ALSE tech can get you in touch with them. Operator PMCS and cleaning procedures can be found in the IETM too.

A good helmet fit always includes frequent inspections, keeping it clean and dry and looking for parts that are worn or frayed. Let your ALSE techs know what needs attention.



Adjust nape strap and chin strap after helmet is on your head

MAKE SURE YOU DO YOUR ANNUAL HELMET FITTING LIKE IT SAYS ON THE HELMET INSPECTION FORM, DA FORM 2408-22.

