



- 1. The occigrip arms are attached at the front of the helmet
- 2. Carefully pull them out of the plastic attachment points, on both sides.
- 3. Now both arms are loose
- 4. Turn the T-bar bow at the back where the adjustment band is 90 degrees, where it is attached, it should come
- 5. Attachment point at the neck
- 6. Follow the same procedure in reverse to complete the repair