

CGF GALLET®

LA 100

FLIGHT HELMET

Instruction Manual
ENGLISH



Compiled into PDF Format by **Flight Helmets Australia**
Specialising in the range of CGF Gallet Flight Helmets.
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Warning

Thank you for your confidence in CGF Helmets Inc. products.

Please read the instruction manual carefully.

Ignoring these instructions may reduce the protection which your helmet is designed to provide.

The helmet's level of protection is only ensured if it includes all of its original components. Thus, **any modification of the product or the removal of one of the original components will cause non-conformity of the delivered material**, and will relieve **the CGF GALLET group** from all liability.

Always concerned with the improvement of its products, **CGF GALLET** reserves the right to modify them at any moment without prior notice.

General

The **CGF GALLET** LA 100 type flight helmet is designed for pilots and flight personnel. It ensures maximum comfort and protection for the crew. It has one or two visors and can be used with any type of avionics currently available.

Description

Helmet includes:

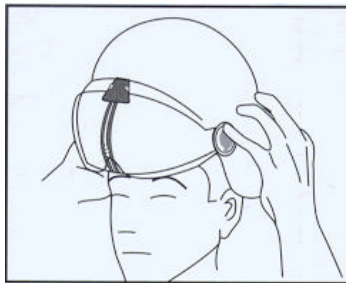
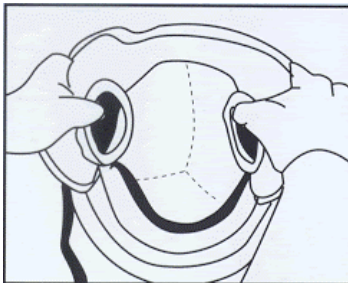
- **A helmet**
 - a small shell equipped with a lining including a 5mm thick front pad, a 5mm thick top pad, a size M neck pad, and a size M edgeroll,
 - or, a large shell equipped with a lining including a 5mm thick front pad, a 5mm thick top pad, a size XXL neck pad and a size XXL edgeroll.
- **A protective cover for the outer visor**
- **A personalization kit to customize your helmet**
 - a set of front pads (10 and 15mm thick)
 - a set of top pads (10 and 15mm thick)
 - a set of neck pads (XS and S sizes or L and XL sizes)
 - 4 earcup spacer pads
- **A carrying bag**

Size correspondence chart:

	Small Shell			Large Shell		
Size of helmet	XS	S	M	L	XL	XXL
Pad thickness	15mm	10mm	5mm	15mm	10mm	5mm
Head circumference (cm)	53-54cm	55-56cm	57-58cm	59-60cm	61-62cm	63cm
Head circumference (in)	20.8 to 21.3	21.6 to 22.0	22.4 to 22.8	23.2 to 23.6	24.0 to 24.4	24.8 to 25.2

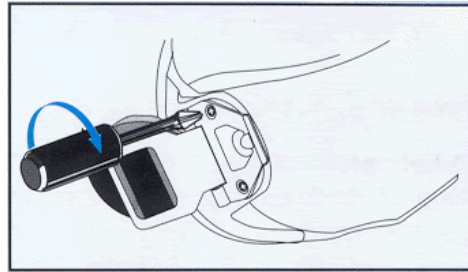
Helmet Adjustment

Donning helmet:



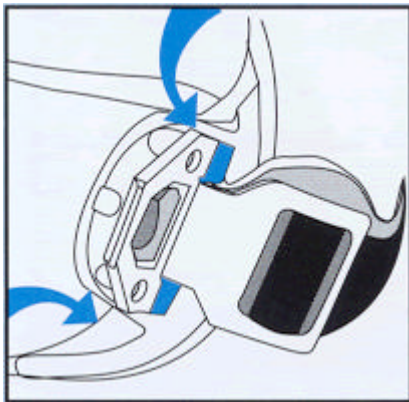
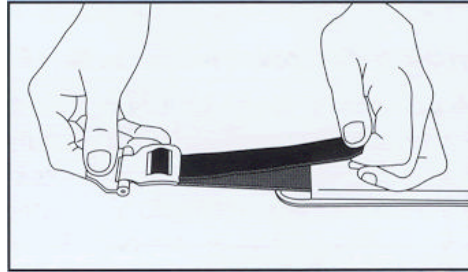
Chinstrap permanent attachment:

The chinstrap is attached to the helmet with 2 screws (left side).



Adjusting chinstrap:

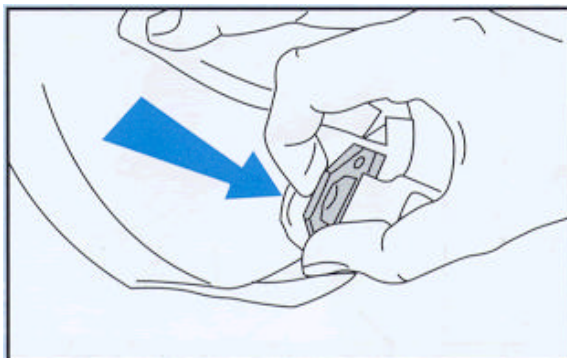
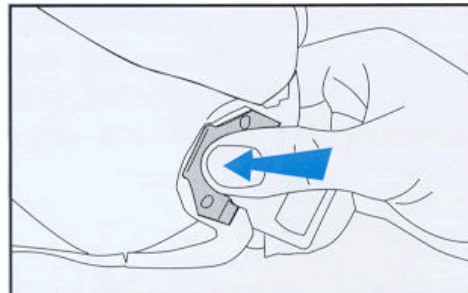
Free the leather end-piece and adjust the chinstrap according to the buckle. Reposition the end-piece.



Locking / unlocking the chinstrap:

Position the base of the chinstrap's clip in the slot provided for this purpose.

Lock by pressing on the middle of the clip.

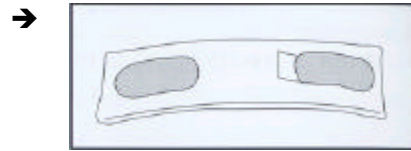


← Unlock by pulling on the end of the lever.

Customizing the helmet lining:

Your LA 100 helmet's lining can be disassembled.

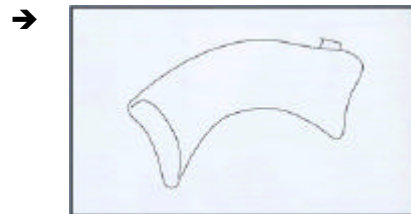
1. **Front pad** (3 thicknesses: 5, 10, 15mm)
The front pad is attached in the front of the helmet by two Velcro strips. The visible seam is towards the top of the helmet.



2. **Top pad** (3 thicknesses: 5, 10, 15mm)
The pad is fixed to the helmet top inner lining by a Velcro strip.



3. **Neck pad** (6 sizes: XS, S, M and L, XL, XXL)
The pad is attached to the shell by two Velcro strips. The tag is towards the helmet top.
Adjust the headphone connecting wire under the neck pad.



4. **Removable edgeroll**
(different pad sizes are available as spare parts)

a – Assembly

Insert one of the lateral pins into the corresponding slot. Slide it in. Do the same with the central pin and finally the third pin. Slide the pins in as far as possible, and then clip the three left and right snaps located at the side.



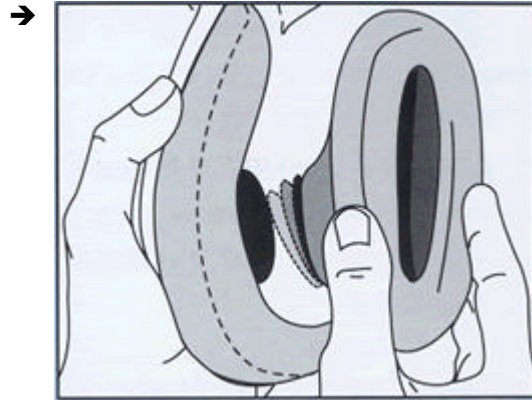
b – Disassembly

Remove the three snaps located at the right and left sides. Pull the pad backwards by sliding the three pins from their slots, beginning with one side pin.



Assembly / Disassembly of the headphone earcups:

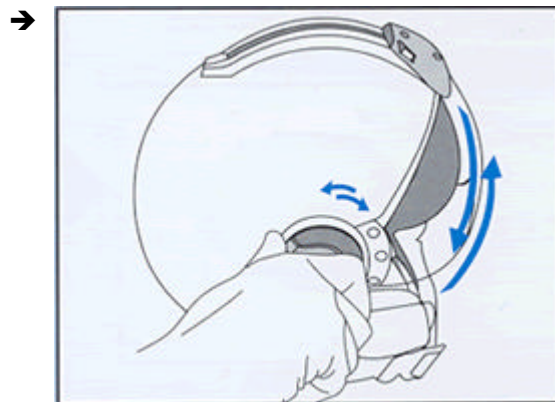
Use as many earcup spacer pads as necessary to get the desired pressure at the ear area, in order to increase or decrease sound attenuation.



USE

Moving the inner visor:

To lower or raise your visor, use the left or right button provided for this purpose.



Assembly and disassembly of the inner visor:

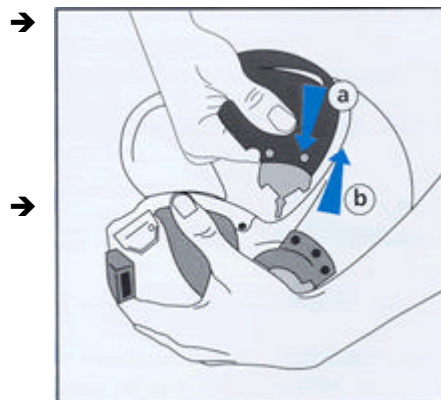
The inner visor can easily be removed.



*GT corresponds to the large size helmet shell
PT corresponds to the small size helmet shell*

a – Assembly

Place the visor maneuver buttons in their lower position. Clip one side, then the second. Raise and lower the visor in order to check the right positioning.



b – Disassembly

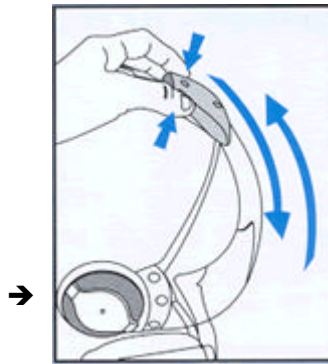
Lower the visor. Unsnap one side, and then the other, pulling hard on the side edge of the visor.

Moving the outer visor:

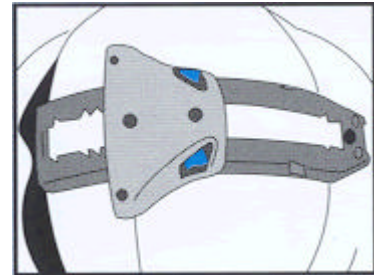
Press the two buttons at the top of the visor simultaneously in order to unlock it. Six lower locking positions can be used.



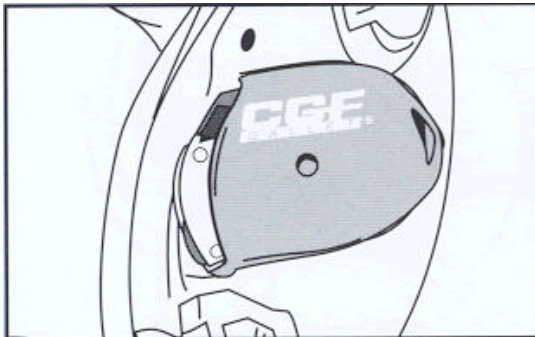
CGF Gallet recommends that you fly with the outer visor in its low position (optimal mechanical protection).



Note: in case of ejection, the outer visor slides into low position and locks automatically.



Oxygen mask receivers:



← The oxygen racks are safety elements.

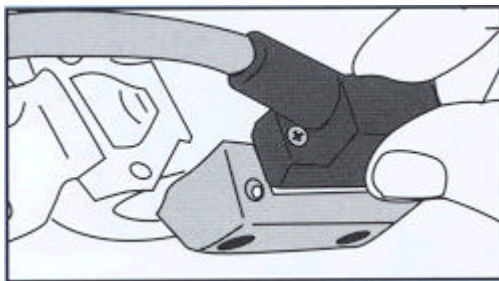
Do not disassemble the oxygen mask receivers.

Send the helmet back to your supplier if any problems occur.

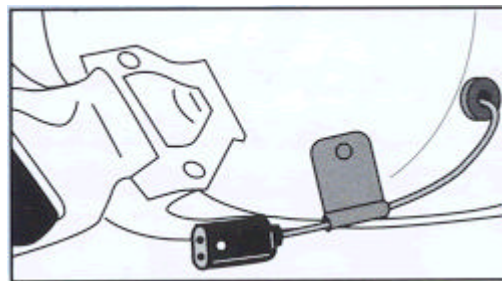
Connection / disconnection of headphone connecting wire:

Different systems are available:

SUB-D 9 pin plug



U-179/U NEXUS plug



NOTE:

When acquiring your helmet, make sure that the avionics corresponds with the type of aircraft with which it is to be used.

Conditions for use:

This helmet was designed to efficiently protect pilots and flight personnel from:

- Impacts which may occur during flight.
- Blinding.
- Excessive noise.

Any other use is to be avoided, and relieves the responsibility of the **CGF GALLET** Group.

This product ensures optimal user protection within the limits of the specified conditions.

- **Do not modify your helmet.**
- **Attach the chinstrap under the chin at all times.**

- **Replace your helmet in case of significant impact, even if there is no visible damage.**

Helmet storage:

It is recommended to:

- Place the cover on the outer visor
- Store the helmet in its carrying bag away from dust and humidity (at an ambient temperature of 10 to 30°C (50°F to 86°F), and relative humidity between 25 and 65%).
- Do not store the helmet near corrosive products.

Care of helmet:

- **Warning: do not apply paint, adhesives, hydrocarbons, or solvents in order to avoid deterioration of materials.**
- To clean the shell and visors: use soapy water and a soft cloth only.
- To clean leather parts: use glycerin soap on a lint-free cloth, and rub; it is not necessary to rinse.

Description of Helmet Elements

- The LA 100 helmet's **shell** is made of:
 - a one-piece shell in high performance carbon fibers, aramid and epoxy resin. The shell covers a large head protection zone, and has good flexibility for user manipulation.
 - an expanded polystyrene inner padding for impact absorption. It is covered with a velvet lining for the user's comfort, with the possibility of attaching different size elements.
- **The outside coating** is flame retardant. Paint adherence is in accordance with the ISO 2403 standard.
- **The inner lining** is made up of a set of four elements available in several sizes which make it possible to perfectly fit the user's head form. This set includes an edgeroll, a neck pad, a top pad and a front pad.

The lining elements are made up of different types of foam and soft leather to ensure user's comfort. These four inner lining elements are interchangeable and attached inside the shell by Velcro strips. Adaptation to the user's head form is made by choosing each of these parts.

- The LA 100 helmet includes **two protective visors**: an inner visor, and an outer visor which can be locked in low position.

- **The acoustic protection system** is made up of:

- two injection moulded thermoplastic earcups, with a slot to hold headphones.
- two cushioned earseals for added comfort, ergonomically shaped.

These earcups ensure correct acoustic protection and are fixed inside the shell by Velcro strips.

- The **chinstrap** is made up of a synthetic fire-proof fiber strap with a clipping system at each end. It can be permanently locked on the right or left side. A leather end-piece covers the strap to ensure user's comfort.
- The **outer visor cover** is fixed by two Velcro strips on the outer visor.
- Every helmet is delivered in a padded polyester **carrying bag**.

This bag includes:

- * a transparent gusset pocket on the inside and outside,
- * a handle and an adjustable length carrying strap,
- * two sliding closures,
- * a registration tag holder on the outer surface.

This bag can be used as a flight bag.

- The **LA 100 helmet** can be used with any type of avionics. State the type of equipment when placing the order.

Standards and Technical Characteristics

Functional characteristics:

This product was designed in accordance with the following standards:

- **Protection against impact:**
 - MIL-DTL-87174/A
- **Maxi Winblast:** protection against the effects of dynamic wind during ejection:
 - 625 KEAS front resistance
 - 425 KEAS “twist” resistance
- **Protection against perforation of the shell and outer visor:**
 - MIL-DTL-87174/A
- **Resistance of the retention system in accordance with standards:**
 - EN 966:1996
- **Audio protection:**
 Passive attenuation of LA 100 Helmet – ANSI S312.42 1995 (MIRE method)

Hz	125	250	500	1000	2000	3150	4000	6300
dB	4	9	11	25	42	49	51	57

average values

- **Heat and fire protection:** flame retardant outside coating.
- **The field of vision** is not altered when wearing the helmet.
- **The visors** are in accordance with standard MIL-V-43511B and EN 1836: 1997.
- **Ergonomics, comfort:** a preliminary helmet adjustment to the user’s head form is possible. Adjustment of the locking system can be done by the user without any special tools.

- **Head mobility:** the helmet does not limit natural head movements in operational use conditions. The helmet's center of gravity is close to the head.
- **Average weight (not including avionics):**
 - Small size helmet (XS, S, M): 970g (2.13 lbs)
 - Large size helmet (L,XL,XXL): 1090g (2.40 lbs)
- **The identification marking** is legible and indelible. It includes:
 - The name of the supplier
 - The CGF GALLET® product reference
 - The serial number
- **Communication system:** the helmet can be used with any type of avionics (contact your supplier).

Guarantee

All of our models, accessories, and spare parts are meticulously inspected before leaving the factory.

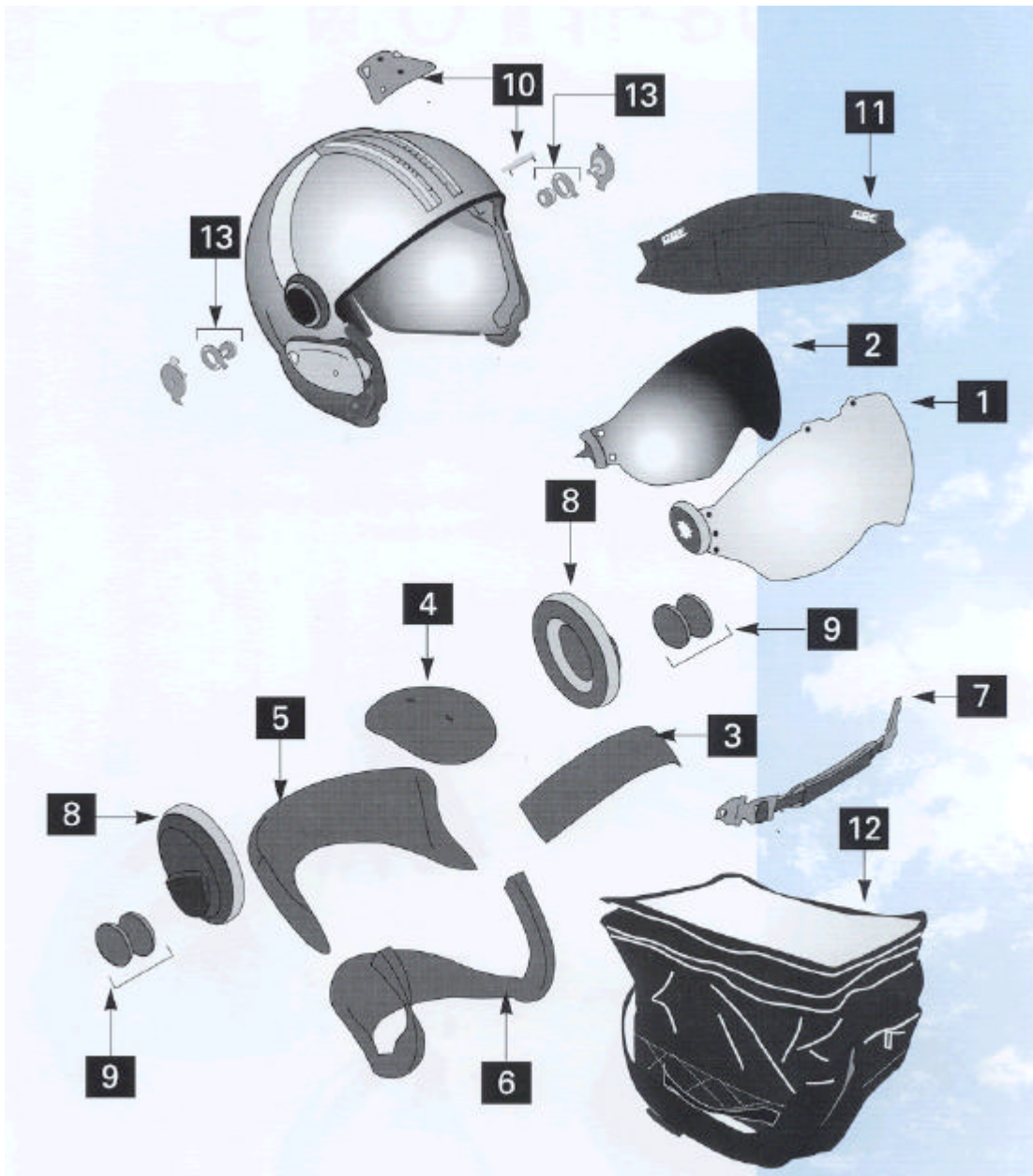
CGF GALLET® helmets and their options are guaranteed one year, beginning from the date of purchase, parts and labor, for any mechanical failure which may occur during use in the conditions described in these instructions.

Spare Parts

NUMBER	REFERENCE	DESCRIPTION
1	077003* PMxxx 077003* GMxxx	PM or GM outer visor set (colour code xxx: 001 : clear; 002 : green; 003 : yellow)
2	077005* PMxxx 077005* GMxxx	PM or GM inner visor set (colour code xxx: 001 : clear; 002 : green; 003 : yellow)
3	077001	Kit of 3 front pads (thickness 05, 10, 15mm)
4	077002	Kit of 3 top pads (thickness 05, 10, 15mm)
5	077007 077008	Neck pad kit (XS / S / M) for PM shell Neck pad kit (L / XL / XXL) for GM shell
6	077042*xx	Edgeroll Size xx (xx= XS / S / M / L / XL / XXL)
7	077011	Chinstrap set
8	077044	Comfort ear pads (pair) + foam closing elements (pair)
9	077030	Earcup spacer pads (4)
10	077035	Outer visor adjustment system with locking device
11	077060	Protective cover for outer visor
12	077029	Carrying bag
13	077040	Outer visor return system

PM : small size
GM : large size

Spare Parts



OPTIONS

NUMBER	REFERENCE	DESCRIPTION
1	077059	Cleaning Cloth
2	077020	LA 100 tool kit
3	014103	Protective helmet bag
4	077056*PM 077056*GM	CN2H-AA night vision goggles support Size PM or GM
5	077057*PM 077057*GM	ANVIS-6 night vision goggles support Size PM or GM

PM : small size
GM : large size

Additional night vision goggles (NVG) support available on request.

