

BMW Motorrad



Systemhelm 6



ECE R 22/05

Der BMW Systemhelm 6 ist nach der derzeit gültigen Norm ECE R 22/05 zugelassen. Diese Norm gilt auch für England (UK).

Frankreich

Die in Frankreich angebotenen BMW Systemhelm 6 entsprechen der Norm ECE R 22/05 und sind zusätzlich mit reflektierenden Aufklebern ausgestattet.

SAA/JIS

Diese Bedienungsanleitung gilt ggf. auch für Ausführungen des Systemhelm 6, die die Anforderungen der australischen oder japanischen Standards erfüllen.



Warnung

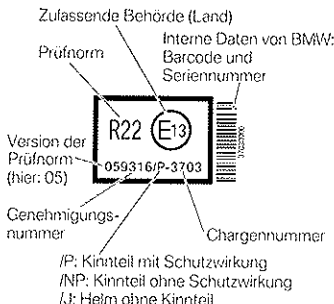
Der vorliegende Helm entspricht nicht der DOT Norm und darf somit nicht in den USA gefahren werden.

Dieser BMW Systemhelm 6 ist nicht für den Gebrauch in den USA bestimmt.

Dieser Helm ist nach der europäischen ECE-Norm gebaut, geprüft und zugelassen, er entspricht daher nicht den US-amerikanischen Vorschriften und Anforderungen.

Er darf nur in Ländern eingesetzt werden, in denen die europäische ECE-Norm Gültigkeit besitzt.

Der Gebrauch in anderen Ländern berechtigt im Schadensfall nicht zur Geltendmachung von Ersatzansprüchen vor US-amerikanischen oder vor Gericht dritter nicht ECE-normgebundener Länder.



Welcome to BMW

We are delighted that you have decided to purchase the new System Helmet 6 from BMW Motorrad.

The System Helmet 6 is the result of cutting-edge development and production methods, combined with years of experience possessed by BMW Motorrad.

As with all other helmets from BMW Motorrad, this helmet guarantees excellent performance in terms of protection, comfort and quality.

Try it – the BMW System Helmet 6 will open the door to a new dimension in motorcycling pleasure.

Take your time to familiarise yourself with your new BMW System Helmet 6 before using it for the first time. In this way, you will be able to ride safely in traffic from the very first time you wear the helmet.

Please read through this owner's manual. This manual contains important information, useful hints and tips for using and looking after your BMW System Helmet 6.

Please contact your BMW Motorrad dealer if you have any remaining questions.

We hope you make a good start with your BMW System Helmet 6 and have lots of fun wearing it for riding.

Yours,
BMW Motorrad

Contents

Warning and safety instructions.....	34
Model description	36
Special accessories, communication	38
Helmet sizes	39
To put on/fasten the helmet.....	40
Chin strap length adjustment	42
To operate the ventilation system	44
To operate and change the visor	47
Inner visor	49
Sun visor	52
Inner fittings	55
Aerodynamics and aeroacoustics	60
Care, storage and repairs.....	61
National market versions and ECE-Label.....	64



Warnung

In the interest of your own safety, please read these instructions for use and particularly the safety hints completely and thoroughly.

Warning and safety instructions

For your own safety, the instructions in this owner's manual are classified in the following manner:



Warning

Precautionary rules and measures that protect the rider from serious or fatal injuries.



Attention

Special instructions and precautionary measures that prevent damage to the protective helmet. Non-compliance with these measures can lead to the exclusion of warranty claims.



Note

Special instructions for better handling of the protective helmet during use and care.



Warning

Disregarding any of these instructions may partially or completely reduce the protective effect of your helmet.



Attention

- To protect your BMW System 6 helmet, you should keep it in the provided helmet bag when it is not in use.
- Labels and safety stickers must not be removed — with the exception of the helmet size sticker.
- The care guidelines must be observed in these operating instructions.



Warning

- This helmet has been produced from high-strength materials using state-of-the-art technology. However, no helmet can protect you from all conceivable injuries or impacts.
- The BMW System Helmet 6 is only designed for motorcycle riding – use of this helmet for other activities is not permitted.
- All plastics will be subject to ageing and wear and tear, the extent of which depends on use of the helmet and environmental influences. BMW therefore recommends replacing the helmet after 5 years' use.
- After a fall or a strong impact to the helmet, full protection is no longer guaranteed. The System 6 helmet is designed in such a way that it absorbs the full force of the impact in the event of a fall. External forces are absorbed by the partial or complete destruction of the helmet's outer shell and/or inner shell. Most of the time, this damage is not visible, especially in the case of the inner shell. The helmet must therefore be replaced after a fall or strong impact. For safety reasons, the damaged helmet must be made unusable.
- Only BMW-approved paints may be used on the System 6 helmet. Unapproved paints may damage or impair the helmet's protective effect.
- Do not leave your helmet too close to the exhaust or engine parts. The high temperatures can lead to damages that cannot be seen from the outside but which can impair the helmet's protective effect.

Model description

Outer shell

- Outer shell made from several layers of glass fibre-reinforced plastic (GRP), Reinforcing layers in specific stress zones (e.g. the area around the sun visor)

Inner shell

- 5-part inner shell made from EPS (expanded polystyrene) and EPP (expanded polypropylene) with different densities for optimum absorbance.

Inner fittings

- Completely removable interior made out of moisture-transporting material
- Chin strap with clip fastener and neck bands
- Adjustable chin guard extension

Visor

- Clear outer visor, anti-scratch surface on both sides.
- The inner visor is made from hydrophilic material with excellent anti-fogging properties.

Chin piece

- Chin piece with central opening button and 4-jointed mechanism

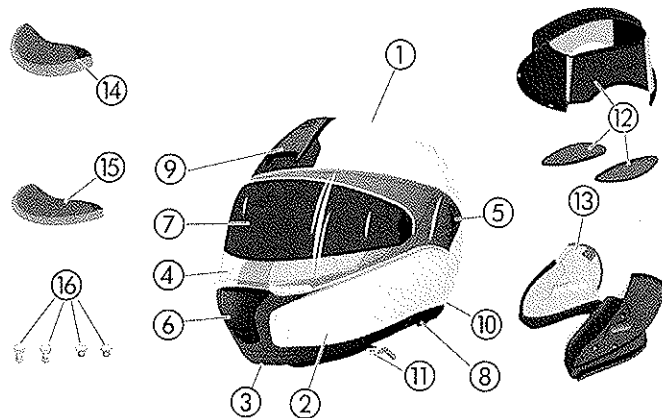
- Supported opening through a coil spring
- Chin piece lock made from stainless steel, cable-controlled operation

Sun visor

- Integrated sun visor with anti-fogging properties.
- Operation via lateral slider, on the rim of the helmet
- Continuously adjustable

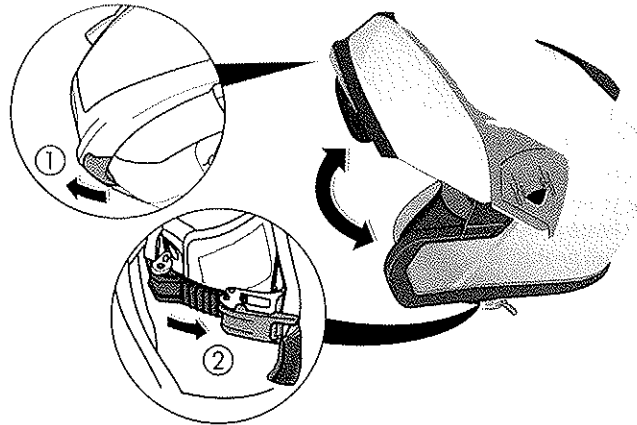
Ventilation

- Visor ventilation via centrally located rocker button
- Forehead/head ventilation via a sliding switch, further ventilation via an opening in the neck area



- | | | | |
|----|---|----|---|
| 1 | BMW System Helmet 6 | 12 | Lining/head pads, (removable) |
| 2 | Chin piece | 13 | Cheek pads with neck pads (removable) |
| 3 | Opening button for chin piece | 14 | "Low Noise" chin guard extension (fitted) |
| 4 | Visor with anti-fogging inner screen | 15 | "Air" chin guard extension (enclosed) |
| 5 | Button to unlock visor | 16 | Replacement pins and blind plugs for inner visor (enclosed) |
| 6 | Visor ventilation | | |
| 7 | Sun visor | | |
| 8 | Slider for sun visor | | |
| 9 | Head ventilation | | |
| 10 | Low-pressure ventilation | | |
| 11 | Chin strap with lock and adjustable width | | |

To put on/fasten the helmet



Open the chin section

- Use your thumb to pull the opening button forwards **1**.
- Move the chin section upwards as far as it will go.



Note

Coil springs support opening and keep the chin piece open in a raised position.

Put on the helmet

- Hold the helmet by the chinstrap on both sides, pull it apart slightly and slide it onto your head.
- Position the chin strap pads correctly and the close the clip fastener **2** until the chin strap rests

against your neck.

Close the chin section

- Grasp the middle of the chin section with one hand and pull it downwards until it engages. The chin piece can also be pulled down and in doing so the chin spoiler can be pulled over the chin during the closing procedure.
- The chin piece lock must click audibly into place on both sides of the helmet.

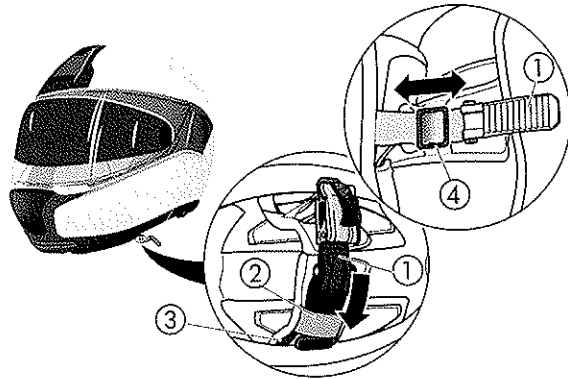
To put on/fasten the helmet



Warning

- Stellen Sie die Länge des Kinnriemens vor dem ersten Gebrauch so ein, dass der Kinnriemen mit komplett eingesteckter Rastzunge an Ihrem Hals anliegt und der Helm nicht nach vorne abgezogen werden kann.
- Verschließen Sie den Kinnriemen vor Antritt der Fahrt immer fest und halten Sie ihn stets geschlossen. Nur so kann Ihr Helm seine Schutzwirkung in vollem Umfang entfalten.
- Während der Fahrt muss das Kinnenteil geschlossen und beidseitig eingerastet sein.

Chin strap length adjustment



Note

Both the lock position and the length of the chin strap on the side of the clips can be adjusted.

Initial position

The chinstrap must be in initial position **before** it is used for the first time.

- Put the helmet on and place the clips as far as possible in the lock. Check the fit of the chin strap and the position of the chin strap lock.

- To adjust the chin strap, pull the clips **1** out of the buckle on the chin strap pad **2** and out of the neck band loop **3**.
- Adjust the chin strap length on B-ring lock **4** on the side of the helmet by shortening or lengthening it.
- Adjust the length of the chin strap so that the chin strap rests tightly against your neck when the snap clip is fully inserted.

Chin strap length adjustment

- If the lock presses against your larynx, you can adjust the position of the lock. Adjust the chin strap on the other side of the helmet as described above.
- Thread the chin strap back through the neck band and buckles.



Warning

The chin strap must be guided through the loops on the neck bands on both sides. Otherwise, it cannot be guaranteed that the helmet will remain in a safe position.

Fine tuning

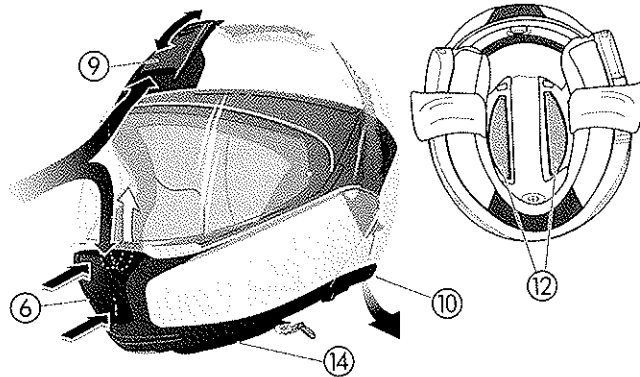
Fine tune can be carried out on the clip insertion position making it possible to adjust the fit according to the clothes you are wearing



Note

Upon closure, the snap-in tab must be inserted at least to the first snap-in point.

To operate the ventilation system



Attention

Always set up the ventilation system so that air is constantly replaced in the breathing area and the climate in the helmet interior is comfortable.



Note

The effect of the ventilation system may be impaired if your motorcycle has a tall windshield or the helmet is positioned behind the full fairing of a motorcycle.

Besides moving the visor into different positions, the BMW System 6 helmet offers many more ways of adjusting ventilation to your per-

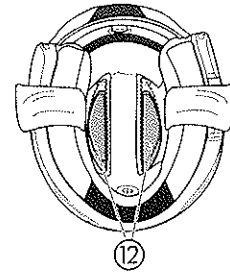
sonal requirements:

- Lockable visor ventilation **6** in an ideal inflow area underneath the front edge of the visor.
- Lockable head ventilation **9** located in the centre of the forehead in combination with the low pressure ventilation in the centre of the rear neck area **10**.
- Variety of positions for the two head pads **12**.
- The position of the Velcro-fastened chin guard extension **14** can be changed, completely removed or replaced with the other variations (enclosed).

Operating the visor ventilation

- To open the visor ventilation, press the bottom of the visor ven-

To operate the ventilation system



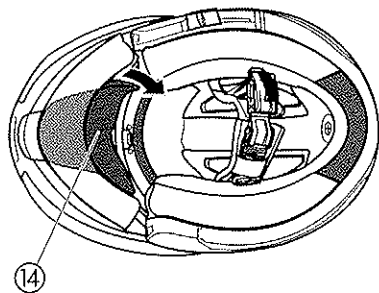
tilation button. To close, press the top.

Operating the head ventilation

- To open the head ventilation, slide the whole hood all the way back. To close, slide the hood forwards.
- If your forehead becomes too cold or the head ventilation is too strong overall, you can make an adjustment by moving the two head pads **12**. Loosen the two pads and position them so that the air inflow openings are covered by the front ends of the pads.

To operate the ventilation system

To operate and change the visor



Chin guard extension



Note

The factory-fitted, locked chin guard extension offers optimum acoustic properties. Depending on environmental conditions or individual needs, it may be advisable to use other variations (enclosed) or even remove the chin guard extension. These changes affect the inflow on the face and the helmet's acoustic properties.

To position chin guard extension **14**, proceed as follows:

- Open the chin piece halfway. Keep the chin piece in this position using one hand.
- Release the Velcro fastening so that the chin guard extension is loose at one end and then remove this lengthwise.
- Fasten the chin guard extension in the desired position by first attaching both ends and then pressing on the middle part.



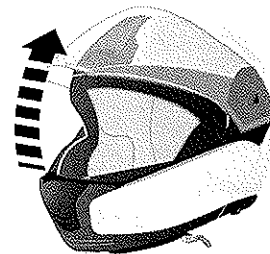
Note

The outer visor on the System 6 helmet provides 100% protection against UV rays. (Measured in accordance with DIN EN 1836.)



Note

The anti-fogging inner visor absorbs the moisture from your breath. If the visor fogs up, please read the instructions in the "Inner

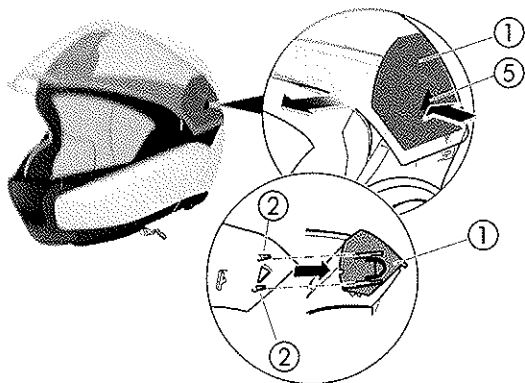


Visor" section.



Warning

A scratched visor impairs your vision significantly, and not just at night or when facing oncoming light. As a result, you should immediately replace a scratched or dulled visor for your own safety.



Removing the visor

The visor can be removed without using tools. Place helmet on a solid, level surface.

- Lock chin piece.
- Raise visor all the way up.
- Press the unlocking button **5**, which is facing away from you and pull the end of the visor forwards out of the fastening plate **1**. Turn the helmet through 180 degrees and repeat the step above.

Fitting the visor

- Lock chin piece as described above.
- Guide the two guide ribs **2** on the end of the visor into the openings in the fastening plate **1**. Slide the end of the visor over unlocking button **5** until it clicks into place in the opening in the visor. At the same time, press the end of the visor against the fastening plate.
- Fit the visor first on one side and then the other.
- Finally, check that the visor is able to move freely and is fastened securely



Attention

Do not store the helmet with the inner visor fitted in temperatures over 60 °C, as the inner screen will become permanently deformed and a tight fit inside the outer visor is no longer guaranteed.

The anti-fogging inner visor is relatively sensitive to scratches and pressure. Please observe the care guidelines.

Effectiveness

The inner visor is made of cellulose propionate. This material absorbs the moisture from your breath and releases it into the air outside if there is adequate ventilation. The resulting anti-fogging effect is unsurpassed.

If the visor fogs up, one of the following causes is to blame:

- 1 The inner visor's seal does not fit tightly with the outer visor. There is condensation between the two visors. Correct the position of the inner visor as described in the sections on fitting and removing the inner visor.
- 2 The inner visor's intake capacity

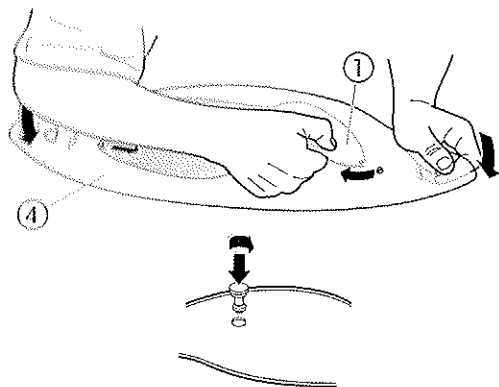
is full. Make sure that the helmet is sufficiently ventilated, especially during journeys in the **rain**. This can be achieved using several variations and combinations:

- Open the visor to position 1 (city position).
 - Open the visor ventilation flap.
 - Remove the chin guard extension.
- 3 The inner visor's intake capacity is reduced due to ageing processes. Replace the inner visor.



Note

If light passes through a medium of a different density, approx. 4% of the light is reflected. This effect occurs with both the outer and inner visors, which can result in increased reflections. This can lead to irritation, particularly at night or when it rains. If you find this distracting, you are advised not to use the inner visor. In this case, replace the eccentric pins in the visor with the blind plugs provided.



Removing the inner visor

Remove the outer visor **1** as already described.

Clean the outer visor thoroughly, on the inside and outside. The care guidelines must be observed during this process.

Place the outer visor on a soft surface and press the visor screen with your forearm and hand flat, until the inner visor's silicon seal detaches itself from the outer visor.

Grasp the inner visor **1** with your free hand at its edge and pull the recess on the inner visor forward and out under the visor pin. This process can be made easier by gently bending the inner visor.

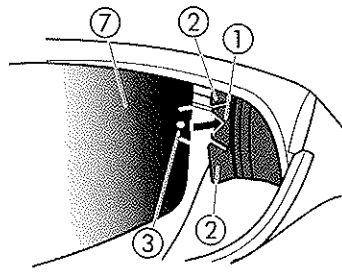
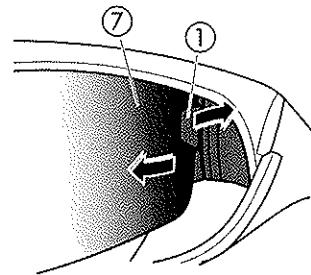
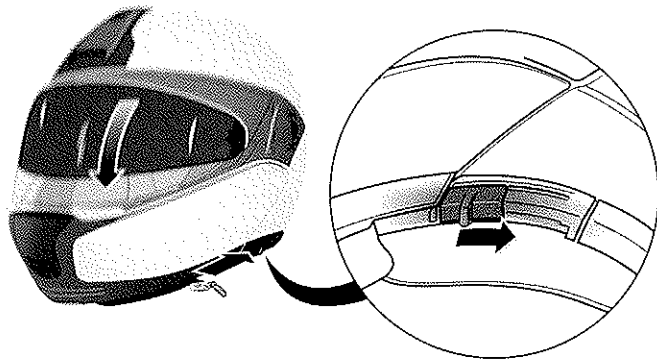
Installing the inner visor

To **install** the inner visor, reverse the above steps. Make sure that the inner visor silicone seal contacts the outer visor at all points.



Note

If the inner visor does not seal all the way round, an adjustment must be made using the visor pins (eccentric). To do this, press out a pin and screw it back into the visor. Be careful when doing so as the pins break easily. If the inner visor can no longer be tightly fitted, even by screwing in the pins, then it has been too badly deformed by the effects of high temperatures and must be replaced. The inner visor must be removed/fitted as described.



Warning

The sun visor has a light transfer of approx. 20%. **Never use the sun visor during journeys at dusk, dawn, night or in other poor-visibility conditions. The sun visor provides only limited protection against stone chipping or other objects. Always lock the outer visor during travel**

Operation

The sun visor is operated via the slider located on the helmet's left-hand edge.



Attention

The sun visor slider must be operated smoothly. If you encounter increased resistance, you must check whether the sun visor is jammed. If you do not do this, the mechanism may become damaged. The sun visor should only be operated via the slider. Do not press the sun visor into the helmet opening. The sun visor is relatively sensitive to scratching. The care guidelines must be observed. We recommend using the BMW visor cleaning cloth to avoid or remove fingerprints.

Removing and fitting the sun visor

You do not need to use tools for removal or fitting. Place helmet on a solid, level surface. Prevent the sun visor from coming into contact with other helmet components to avoid scratching.

Removing the sun visor

- Open visor.
- Slide out sun visor 7.
- Hold the sun visor on the lower edge with one hand and gently lift the middle retaining catch 1 using your fingernail until the sun visor detaches itself from the holder.
- Repeat this procedure on the other side of the helmet.

Fitting the sun visor

- Open chin piece and slide out the sun visor holder.
- On one side of the helmet, attach the sun visor between retaining catches 2. Middle catch 1 must be locked into place in opening 3 of the sun visor.
- Position the upper edge of the sun visor between the helmet's outer and inner shell.
- Attach the sun visor to the retaining catches on the other side of the helmet.
- Check that the sun visor is correctly seated in the holder and that other helmet parts can be accessed freely.
- Check that the mechanism functions correctly by sliding the sun visor in and out via the slider.

Sun Visor



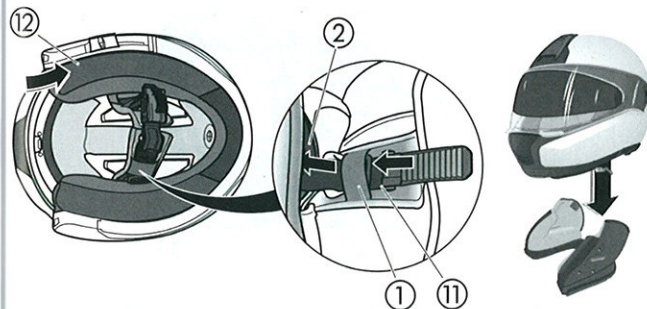
Note

The sun visor meets the requirements of filter category 3 in accordance with DIN EN 1836, offering effective UV protection. (100% UVB, 92% UVA).

Please note that if you open the outer visor, exposed parts of the face will not be UV-protected.

The sun visor has an anti-fogging feature.

Inner fittings



Attention

For the operations described below, place the helmet on a soft surface to avoid scratching the shell of the helmet.

The interior of your BMW Motorrad System 6 helmet is removable and washable.

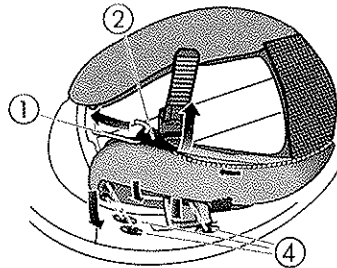
Both the cheek/neck pad and the head pad or the two head pads can be individually removed without other components needing to be removed.

Removing the cheek-/neck-pad

First, pull the chin strap **11** out of chin strap pad loop **1** on both sides and then out of neckband loop **2**.

Pull neck pad **12** (near the sun visor slider) backwards until its front edge disconnects from the fastening.

From this side, pull out the neck pad's edging all the way round under the edge of the helmet.



Now, unfasten the 3 press studs 4 on the back of the cheek pad.

Remove the whole cheek/neck pad from the helmet. In doing so, please make sure that both the chin strap and the neck bands can be pulled through the respective openings without too much resistance.

Installing the cheek-/neck-pad

Position the cheek/neck pad in the helmet.

Guide both ends of the chin strap through the openings in the cheek pads so that the chin strap lies in the interior of the helmet.

Bend the pull cord into a U shape 1 and move it forwards through the opening in the neck pad.

Attach the neck band loop 2 to the pull cord and pull the neckband—

without twisting it— through the neck pad.

Repeat this procedure on the other side of the helmet.

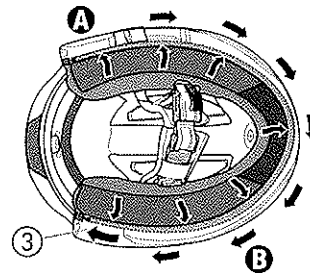
Alternative method: Instead of using a pull cord, you may also use a blunt pencil to move the loop from back to front through the neck pad.

Guide the chin strap through the neck band loops on both sides of the helmet.

Guide the chin strap through the loops on the chin strap pad.

Guide the edging of the neck pad deep into the groove of the helmet's edge on the right hand side. At the same time, slide the edging nib forwards into the designated opening 3

From this side of the helmet, push the edging all the way round under the retainers on the helmet's edge until you reach the slider for the sun



visor A.

Attach the neck pad to the end that is still loose and guide the edging nib into the opening in the helmet's edge.



Note

If the loose end is too far forwards, the neck pad must be pushed around the helmet's edge in the direction of right-hand fastening B.

Now press the unfitted part of the edging under the edge of the helmet.

Fasten the three press studs to the cheek pads.

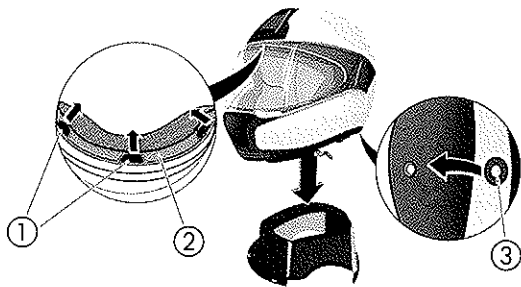
Position the cheek pads' ear covers under the head pad.

Make sure that the cheek/neck pads are in the correct position and adjust them if required.



Warning

The chin strap must be guided through the loops on the neck bands on both sides. Otherwise, it cannot be guaranteed that the helmet will remain in a safe position.



Removing the head pad

Loosen the three tuck-in flaps in the forehead area by gently lifting interlocking flaps **1** and simultaneously pulling the flap **2** sewn onto the head pad.

Unfasten the press stud in the area near the back of the head **3**.

Remove the whole head pad and, in doing so, carefully unfasten the centre bar's Velcro fastener, found in the middle of the helmet.

Fitting the head pad

Insert the circular head pad, then position and attach it by pushing on the rear press studs.

Guide the head pad's sewn-on tuck-in flap **2** into the three securing straps on the side of the helmet in the area of the forehead.

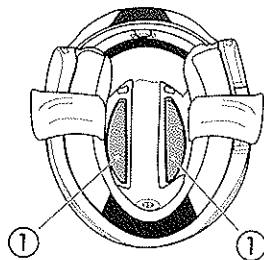
Position the cheek pads' ear covers under the head pad.

If necessary, correct the position of the centre bar and press the pad onto the Velcro fastener.



Note

If the ventilation is too strong for you in this area, you can reduce the airflow by repositioning the front ends of the pad over the air intake openings. In doing so, please ensure that the red Velcro fasteners are covered by the pad.



Removing and fitting the head pads

The two pads **1** are attached using two Velcro fasteners. Remove this pad by pulling on one end of the pad. When fitting the pad, please make sure that it is in the correct position and that the ventilation channels inside the helmet are unobstructed.

Removing and fitting the chin guard extension

For information on removing and fitting the chin guard extension, please see "Ventilation system" section.



Note

The aerodynamic and aeroacoustic properties of a motorcycle helmet are heavily dependent on the given flow conditions.

Turbulence strength varies more or less depending on the seating position as well as the design of the bike's visor and front trim panel.

These air-pressure variations are considered acoustic. If these air-pressure variations hit the underside of the helmet, the noise level rises significantly inside the helmet. Even an acoustically optimised helmet can only reduce this noise to a certain extent.

The type of chin guard extension used and the installation position have a large influence on aeroacoustics.

The pre-assembled "Low Noise" chin guard extension offers optimum performance in sound insulation. The device's position is variable.

To change the position, unfasten the Velcro fastener and reattach the chin guard extension to the chin spoiler in the desired position.

The supplied "Air" version offers stronger ventilation for the face. The use of "Air" is advisable in certain atmospheric conditions or to meet individual requirements.

Maintenance

The outer helmet shell



Attention

The outer shell of the helmet should not be covered in petrol or solvents. A mild soapy solution or the BMW helmet cleaning agent should be used to remove tough stains. You may use cleaning agents that contain alcohol.

Inner fittings

The removable part of the interior can be washed at a maximum temperature of 30° C. Use only mild soapsuds for this and let them dry afterwards in the air.

Inside and outside of the visor's outer screen

Use a soft cloth and a mild soap solution to remove any dirt from the outside of the visor. Use a lint-free cloth to dry the visor.



Caked-on dirt on the outside of the visor (e.g. dried insect remains) can be removed by covering the outside of the visor (close it first) with a wet cloth and

soaking for approx. ½ hour.

The inner visor



Attention



Für die Reinigung der Innenscheibe nur Wasser oder eine milde Seifenlauge verwenden. Tragen Sie kein Anti-Fog-Gel, -Spray oder ähnliche Mittel auf die Innenscheibe auf. Dies führt zur irreparablen Beschädigung der Innenscheibe. Verwenden Sie keinesfalls Benzin, Lösungsmittel, Fenster- bzw. Glasreiniger oder andere alkoholhaltige Reinigungsmittel. Auch die Verwendung des BMW Antibeschlagmittels und des Visierreinigers beschädigt die Innenscheibe.