# CLAIMS

[Claim 1]

A helmet comprising a head covering shell having an insertion opening that opens downward and configured to protect a head of a user; a shock absorbing body disposed adjacent to an inner periphery of the head covering shell to reduce shock to the head of the user; and a cushion pad disposed adjacent to an inner periphery of the shock absorbing body to fill a gap between the shock absorbing body and the head,

wherein the cushion pad includes an emergency removal pad at a position along an opening edge of the insertion opening,

wherein the emergency removal pad includes a pad bag having a hollow interior, a pad body disposed in the pad bag, and a pad removal part that enables the pad body to be taken out from the pad bag attached to the opening edge of the insertion opening,

wherein the emergency removal pad includes a connecting member which is a string-shaped member disposed between the pad bag and the pad body to connect the pad body to the pad bag, and

wherein the connecting member includes one end connected to the pad body and the other end connected to the pad bag.

[Claim 2]

The helmet according to claim 1, wherein the pad removal part includes a first element disposed at an opening edge of an opening formed in the pad bag at one side of the opening; a second element disposed at an opening edge of the opening at other side of the opening, the second element being capable of interlocking with the first element; and a slider that causes the first element and the second element to interlock with each other in a disengageable manner, and

wherein the other end of the connecting member is connected to the slider of the pad removal part.

[Claim 3]

The helmet according to claim 2,

wherein the pad body includes

an upper pad disposed in an upper section of the pad bag, and

a lower pad disposed below the upper pad in the pad bag, the lower pad being separable from the upper pad,

wherein the emergency removal pad is configured to allow the lower pad to be

taken out through the pad removal part while the upper pad remains in the pad bag.

[Claim 4]

The helmet according to any one of claims 1 to 3, wherein the emergency removal pad includes a thickness increasing pad capable of increasing a thickness of the pad body in an inside-outside direction and a thickness-increasing-pad attachment portion with which the thickness increasing pad is attached to the pad body.