REMOVING SIGMA SHADE:

Hold metal shade rim firm (rubber glove helps) – push shade upwards and again using a rubber glove for purchase with palm of hand on shade turn hand to left half a turn to remove. The metal shade rim must be held still to release shade.

REMOVING VIPER SHADE:

Hold motor section firm – push shade upwards from below and with palm of hand turn hand to the left half a turn to remove shade (rubber glove helps).