



## Bike helmet fitting

 Watch the video at [bit.ly/safekidswihelmets](https://bit.ly/safekidswihelmets)

Always follow the instructions that come with a new helmet. The following steps can help you correctly fit a helmet:



**1 Select the best-sized helmet.** Try on several helmets sizes to select the one that fits best. The helmet should fit level only one to two fingers above they eyebrow. If the helmet does not fit low on the head or feels too tight, it may be too small. If there is a lot of movement or if you feel gaps, the helmet may be too large.

**2 Fit the helmet to the child's head.** Use the sizing adjuster to fit the helmet snugly and comfortably. If the helmet does not have a sizing adjuster, check instructions on how to fit the helmet.

**3 Adjust the side straps.** Check to make sure there are no twists in the straps and they lay flat on either side of the ear. Adjust the slider to form a "V" shape under, and slightly in front of, the ears.

**4 Adjust the chin straps.** Many helmets come with a rubber band to hold the buckle in place. Slide rubber band to separate straps. Buckle the chin straps. Adjust straps as needed until snug, so that no more than one or two fingers fit under the strap. Replace rubber band.

**5 Do a final fit check.**

- Have the child shake their head back and forth quickly as if saying NO. If you hear or see movement, snug the helmet by tightening the sizing adjuster.
- Have the child open their mouth wide. They should feel a tug on the straps. If not, tighten the chin straps.
- Does the helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again.
- Does the helmet rock forward into the eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap and test again.

# Check your helmet fit every time you ride.

Take the helmet fit test:

1

## Eyes

Put the helmet on your head. Look up. You should see the bottom rim of your helmet.

There should be only one to two fingers width from the top of the brow to the bottom rim of the helmet.



2

## Ears

Make sure the strap forms a 'V' under your ears when buckled. The straps should be a little tight but comfortable.



3

## Mouth

Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

