

BIKE HELMET FITTING



Fit Objective: To obtain a snug, level fit, adjusting straps to stabilize the helmet on top of the head, 1 inch above the eyebrows so the helmet sits as low on the skull as possible. The helmet pads should touch the heads circumference and provide a comfortable fit.

HOW TO FIT

- 1) Measure circumference of the head about 1 inch above the eyebrow.
- 2) Adjust pads and straps to provide a proper fit.
 - The helmet should sit level on the head with the front being about 1 inch above the eyebrows.
 - It should cover as much skull as possible.
 - The chinstrap should be snug but allow the child to open their mouth.
 - The space should allow 1 finger between the chin and strap. If the fit is too tight, the child may not wear the helmet, too loose, the helmet may not stay in place in a crash.
 - The side straps should meet in a "V" below the ears and the chin buckle should snap firmly in place.
- 3) When fitting is complete, have the child shake their head side to side and up and down to insure there is no movement and the fit is snug.

FACTS:

- You should always wear your helmet when riding. An all sport helmet is an acceptable alternative as long as the ears are not covered to prevent hearing.
- Never wear your helmet on the playground. It should be kept in a safe place and handled with care.
- Replace your helmet if you have a crash, even in a low speed fall.
Note: (most manufacturers recommend replacement every 5 years)
- For more information on helmets and safety, you can contact: www.cpsc.gov