






Follow these easy steps to ensure that every helmet worn by a member of your family is properly fitted, adjusted, and each time a person rides.

 A side profile of a young boy's head with a white string being wrapped around it to measure the circumference.	<p>Step 1 – MEASURE HEAD</p> <p>Helmets come in different sizes, and it is important to make sure the helmet is a proper fit for the rider. Use a fabric ruler or string to measure the circumference of the head about 1 inch above the ears. Make sure the helmet is the proper size to accommodate the measurement you've taken. Helmets which are too big or too small are not safe.</p>
 A young boy is shown from the front, adjusting a white and black bicycle helmet on his head with both hands.	<p>Step 2 – ADJUST THE FIT</p> <p>Place the helmet on to ensure it fits snugly. While it is sitting flat on top of head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets and should be used to ensure a secure fit. Mix the sizing pads as needed for the greatest comfort. In a child's helmet, remove the padding as child's head grows. If the helmet has a universal "fit ring" instead of sizing pads, adjust the ring size to fit the head.</p>
 A young boy is shown from the front, wearing a white and black bicycle helmet. He is touching the forehead area of the helmet with his hand.	<p>Step 3 – POSITION THE HELMET PROPERLY</p> <p>The helmet should sit level on the head and low on the forehead, one or two finger-widths above the eyebrows. The helmet should <u>cover</u> the forehead.</p>
 A young boy is shown from the side, adjusting the chin strap of a white and black bicycle helmet.	<p>Step 4 – ADJUST THE BUCKLE POSITION</p> <p>Center the left half of the buckle under the chin. On some helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. You may find it easier to remove the helmet to make these adjustments.</p>



Step 5 – ADJUST THE SIDE STRAPS

Adjust the “slider” buckle on both straps to form a “V” shape under, and slightly in front of, the ears. Lock the slider if possible.



Step 6 – ADJUST THE CHIN STRAP

Buckle the chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap. Most straps are much too loose and allow the helmet to move out of position during a crash, exposing the brain to significant injury.



Step 7 – CHECK YOUR WORK / ADJUST IF NEEDED

- 1) **Is the helmet strap tight enough?** Open mouth fully. The helmet should pull down on the head. If not, go back to **Step 6** and tighten the chin strap.
- 2) **Can you push the helmet back more than two fingers above the eyebrows?** If so, unbuckle, shorten the front strap by moving the slider forward. Re-buckle, re-tighten the chin strap, and test again.
- 3) **Can you push the helmet forward into the eyes?** If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Re-buckle, re-tighten the chin strap, and test again.

If possible, all four straps should be secured close to the slider and chin buckles to prevent the straps from loosening.

IMPORTANT

- A helmet should be bought to fit NOW and not be purchased to “grow into.” The helmet is protection for the wearer’s brain – a top priority.
- The helmet should be comfortable and attractive to the wearer. A more comfortable and pleasing helmet is more likely to be worn, and worn properly. If need be, use foam sizing strips to make small sizing adjustments.
- Model safe behavior for your children. Wear a helmet yourself each time you ride.
- Replace any helmet that has been outgrown, involved in a crash, or that is damaged.