



Helmets come in different sizes, and it is important to ensure any helmet is properly fitted, adjusted, and worn each time a person rides.

### Step 1 - Size:

Measure head for approximate size. 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; use the pads to securely fit to head. Mix or match the sizing pads 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.



### Step 2 - Position:

The helmet should sit level on head and low on forehead, one or two finger-widths above the eyebrows. The helmet should cover the forehead.



### Step 3 - Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



### Step 4 - Side Straps:

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



### Step 5 - 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 much greater injury.



### Step 6 - Final Fitting:

- 1) **Does the helmet fit right?** Open mouth fully. The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap.
- 2) **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.
- 3) **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.
- 4) Lastly, all four straps should be secured close to the buckle to prevent the buckle from slipping.

## **IMPORTANT**

Replace any helmet that has been involved in a crash or that is damaged.

Replace any helmet that has been outgrown.

A helmet should be bought to fit **NOW** and not be purchased to “grow into.” This is protection for the wearer’s brain, and is a top priority.

The helmet should be comfortable and attractive. If need be, use foam sizing strips to make small sizing adjustments. A more comfortable and pleasing helmet is more likely to be worn properly.

Model safe behavior for your children. Wear a helmet yourself each time you ride.