BICYCLE HELMETS
Make Sure They Fit!

Your child has a bike helmet, or you do - THAT’S GREAT!
It will reduce the risk of brain injury by 88 percent.

Now, take some time to be sure the helmet fits snugly, so it can do its job.

POOR FIT

PROBLEM
- The helmet moves back to uncover the forehead.

SOLUTION
- Tighten front strap.
- Be sure chin strap is snug.
- Adjust thickness or position of padding, especially in back.

PROBLEM
- The helmet moves forward to cover the eyes.

SOLUTION
- Tighten back strap.
- Make sure chin strap is snug.
- Adjust thickness or position of padding, especially in front.

PROBLEM
- The helmet slips from side to side.

SOLUTION
- Check padding on sides.
- Make sure straps are adjusted the same way on both sides.

GOOD FIT
- The helmet sits level on the head and even from side to side.
- It fits snugly.
- It rests no more than two finger widths above the eyebrows.
- The “V” of the straps is just below the ears.
- Chin strap is snug; no more than one finger should fit under the strap.

CONGRATULATIONS: YOU'RE READY TO RIDE!