

# 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.



### POOR FIT

#### 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



### POOR FIT

#### 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!**