



## BIKE HELMET FITTING

### Fit Objective

To obtain a snug, level fit with the helmet stabilized on top of the head just one inch above the eyebrows so the helmet sits as low on the skull as possible. The helmet pads should touch the head's circumference to provide a comfortable fit.

### HOW TO FIT:

- 1) Measure circumference of the head about one inch above the eyebrows.
- 2) Adjust pads and straps to provide a proper fit:
  - The helmet should sit level on the head with the front being about one inch above the eyebrows.
  - It should cover as much of the skull as possible.
  - The chinstrap should be snug but allow the child to open his/her mouth. The space should allow one finger between the chin and the strap. If the fit is too tight, the child may not wear the helmet. If 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 his/her head from side to side and up and down to ensure there is no movement and the fit is snug.
- 4) If the helmet shifts, adjust the fit. Many have an internal sizing ring. Once the helmet is in place, tighten the ring and have the child repeat the head shake. Ensure snug fit and adjust accordingly.

### 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)*

### References:

[www.kidshealth.org](http://www.kidshealth.org)  
[www.safekids.org](http://www.safekids.org)  
[www.nhtsa.gov/bicycle](http://www.nhtsa.gov/bicycle)  
<https://www.rei.com/learn/expert-advice/bicycle-helmet.html>

