

Five Steps to Proper Helmet Fit

All riders **MUST** have a **bicycle helmet** and you should make sure the **helmet is fitted correctly**. Here are some fitting instructions, some problems that arise, and ways to get a proper fit.

Fitting Instruction - Step 1

With one hand, gently lift the front of the helmet up and back. The helmet should not be able to be moved front or back on the head.

The problem- The helmet moves back to uncover the forehead.

The solution- Tighten the front strap to junction. Also, adjust padding thickness and/or position, especially in back. Make sure the chinstrap is snug. If this doesn't work, the helmet may be too big. Re-measure the circumference of the head and choose a new helmet.

Fitting Instruction - Step 2

With one hand, gently lift the helmet up and forward. The helmet should not move forward.

The problem- The helmet moves forward to cover the eyes.

The solution- Tighten the back strap. Make sure the chinstrap is snug. Also adjust the padding thickness and/or position, especially in the front of the helmet.

Fitting Instruction - Step 3

Put a hand on each side of the helmet and rock the helmet from side to side. Have the helmet wearer shake their head "no" as hard as possible. The helmet should not move from side to side.

The problem- The helmet slips from side to side

The solution- Check the padding on the sides and make sure the strap is evenly adjusted.

Fitting Instruction - Step 4

Have the helmet wearer open his/her mouth (lower jaw) as wide as possible, without moving his/her head. The top of the helmet should pull down.

The problem- The helmet does not pull down when the wearer opens his/her mouth.

The solution- Tighten the chinstrap. Make sure the front and back strap junction lies under each ear.

Fitting Instruction - Step 5

Check to see where the front edge of the helmet covers the wearer's forehead. The front edge of the helmet should not be more than two fingers' width from his/her brow.

The problem-The helmet does not cover the forehead.

The solution- Position the helmet no more than two fingers' width above the brow. Tighten any loose straps. Make strap adjustments so the helmet stays over the forehead. The helmet may be too small. Re-measure and fit a new helmet.

