

EASY STEPS TO PROPERLY FIT A BICYCLE HELMET

It's not enough to simply buy a bicycle helmet – it should be properly fitted, adjusted and worn each time you ride.

Helmets are not hats!

They must be level on your head and strapped on securely to be protective in a crash. You want the helmet to be level on the head, with the fitting pads inside touching all the way around and the strap comfortably snug.

Step 1

Adjust the Fit Pads or Ring: Most helmets come with extra foam fitting pads to customize the fit. You can usually remove the top pad or use a thin one to lower the helmet on the head, bringing the protection down further on the sides. Use thicker pads on the side if your head is narrow and there is a space, or add thicker pads in the back for rounder heads. Move pads around to touch your head evenly all the way around. If you have a “one size fits all” model with a fitting ring instead, just adjust the fit by tightening the ring if needed.

Step 2

Adjust the Side Straps: Put the helmet on, level on your head. Adjust the rear (nape) straps, then the front straps, to locate the Y fitting where the straps come together just under your ear. You may have to slide the straps across the top of the helmet to get them even on both sides.

Step 3

Adjust the Chin Strap: Adjust the chin strap so it is comfortably snug. Now adjust the rear stabilizer if the helmet has one.

Step 4

Are You Done?

Shake your head around. Then put your palm under the front edge and push up and back. Can you move the helmet more than an inch or so from level, exposing your bare forehead? Then you need to tighten the strap in front of your ear. Now reach back and pull up on the back edge. Can you move the helmet more than an inch? If so, tighten the nape strap. When you are done, your helmet should be level, feel solid on your head and be comfortable.



Safety Tips

-  **Replace any helmet that has been involved in a crash, or is damaged**
-  **Buy a helmet that fits your head now, not a helmet to “grow into”**
-  **If the helmet feels small, put in thinner sizing pads or purchase a larger helmet. Ideally, select a helmet brand and size that fits well prior to any adjustments. If you buy a helmet that you find comfortable and attractive, you are more likely to wear it**
-  **The helmet must cover your forehead**
-  **The chin strap must be tight and properly adjusted**
-  **The helmet should not rock forward or backward on your head**

For more information: www.nhtsa.dot.gov and bhsi.org