

Let helmets protect your brains!

Helmet Fitting

There are three steps for a perfectly fitted helmet:

1



Place the helmet on your head, over your eyebrows, so that your forehead is covered. You should only be able to fit two fingers sideways between your eyebrows and the bottom of the helmet.

2



Adjust the slide on both side traps to form a "v" shape under, and slightly in front of the ears. Center the left buckle under the chin.

3



Buckle the chin strap and tighten it under your chin. No more than two fingers should fit between the strap and your chin.

SEE REVERSE FOR MORE DETAILED INSTRUCTION ON HELMET FITTING.

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A HELMET IS UNSAFE IF:

- It is more than five years old, has dents, cracks or pieces missing, or is melted.

step 1

Size: Measure your head for approximate size. Try the helmet on to ensure it fits your head comfortably without rocking side to side. Sizing pads can be used to adjust the fit to different head shapes. Mix or match sizing pads for the best fit.



step 5

Chin strap: Roll the rubber band towards the slider. Buckle up! Starting loose, while holding the buckle, pull the strap tight. No more than **one or two fingers** should fit under the strap.



step 2

Position: The helmet should **sit level** on the head so that the forehead is covered within **two finger widths of the eyebrow**.



step 6

This is an important step!

Does your helmet fit right?
Open mouth wide ... **Big Yawn!**
The helmet should pull down on the head!
If not, tighten the chin strap.

Does your helmet rock back more than two fingers above the eyebrows?

If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again!



Does your helmet rock forward into your eyes?

If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again!

step 3

Buckles: Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



step 4

Side straps: Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears.



step 7

Roll the rubber band down to the buckle. **All four straps must go through** the rubber band and be close to the buckle to prevent the buckle from slipping!



rubber band next to the right buckle

It may take some time to ensure a proper fit. it is easier if you have someone help you adjust the straps.