



Bicycle/Skateboard Helmet:

Your helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC). If you can't find this sticker on your helmet discard it & get a new one. Wear a bike helmet **EVERY TIME YOU RIDE**, even if you are going for a short ride.

Measure your head to find your size. Try on several helmets in your size until one feels right. Now put the helmet level on your head and adjust the sizing pads or fit ring until the helmet is snug.

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.

Adjust the slider on both straps to form a “V” shape under, and slightly in front of, the ears. Lock the slider if possible.

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.

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.



Assess Fitting:

- A.** Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on your head. If not, tighten the chin strap.
- B.** Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle and shorten the front strap by moving the slider forward. Buckle and retighten the chin strap, and test again.
- C.** Does your helmet rock forward into your eyes? If so, unbuckle and tighten the back strap by moving the slider back toward the ear. Buckle and retighten the chin strap, and test again.
- D.** 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