

FITTING YOUR HELMET

Helmets are very important in keeping your head safe. There isn't a "one size fits all" solution. Sizes can vary between helmet manufacturers. That is why it is important to take the time and make sure your helmet fits properly. In a fall, a helmet that fits poorly will provide far less protection against injury than one that fits securely.

STEP 1



HELMET SIZE

Use a measuring tape and wrap around the child's forehead to determine the appropriate size helmet (refer to chart). Then, with the helmet level on the head, adjust the sizing pads or ring until the helmet fits snug and stays in place if you shake your head from side to side.

SIZE	INCHES
SMALL	20
MEDIUM	21.75
LARGE	23.25
EXTRA LARGE	24.75

STEP 2



HELMET POSITION

Your helmet should sit level and low on your forehead – about the width of two fingers above your eyebrows.

STEP 3



SIDE AND CHIN STRAPS

Center the buckle under your chin. Tighten the chin strap as necessary to achieve a comfortable, secure fit.

Adjust the side straps so they form a V-shape on each side, below and just in front of your ears. Most adjustments to the side straps can be made easily by taking the helmet off first.

STEP 4



FINAL FITTING

When adjusted, do the Eyes, Ears and Mouth test to check for a good fit:

- Eyes: You should see the very edge of your helmet when you look up past your eyebrows.
- Ears: The straps should meet right under your earlobes to form a "V".
- Mouth: The strap should be loose enough so you can breathe and insert a finger between the buckle and your skin, but tight enough that if you yawn you can feel the helmet pull down on the top of your head.

gosafelyca.org

 GoSafelyCA

 @GoSafelyCA

 OTS_CA

