

How to Fit a Bike Helmet

Step 1

Choose the **right size** helmet for your head. It should feel snug but not uncomfortable. Kids grow fast, check the fit regularly.



Step 2

Position the helmet **low and level** on your forehead. Measure 2 fingers between helmet and eyebrows. Do the “Bicycle Salute” before each ride!



Step 3

Adjust the side straps into a V shape just below the ears.



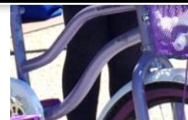
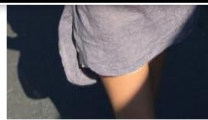
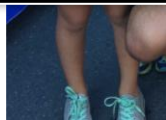
Step 4

Buckle and adjust the straps so that only 1 or 2 fingers fit in the space between your chin and the straps.



Step 5

Wear it **every time** you ride.




Selecting the Right Bike Helmet for a Child

Replace a helmet that's been in a crash. Damage is not always visible.

Buy a helmet that fits now, not one to "grow into."

Pick a helmet that **the child** finds comfortable and attractive, so they will be more likely to wear it.



Double Check! Children often wear their helmets too far back and with loose straps. First, position the helmet **low and level** on the forehead, **then** adjust side and chin straps until the fit is snug.

CA state law requires children to wear a helmet while riding a bike, skateboard, scooter, and skates.

Be a good "Roll" model. Adults should wear a helmet every time they ride - for protection - **and** to encourage the same good behavior in children.

