

Size,

Position

& Buckle



Helmets the correct way, for bike helmet safety every day.



6

STEPS TO PROPERLY FIT A BIKE HELMET



STEP 1

Measure for size



STEP 2

Position helmet 1 or 2 fingers widths above the eye brows



STEP 3

Buckle helmet under the chin



STEP 4

Adjust side straps to form a "V" under and slightly in front of ears



STEP 5

Tighten chin strap so only one finger fits under strap



STEP 6

Check steps 1–5

BIKE

HELMET FITTING

SIZE CHART

SIZE	INCHES
TODDLER	17-18
SMALL	19-20
MEDIUM	21
LARGE	22
X-LARGE	23+

TIPS FOR HELMET FITTING

- **Don't guess** at helmet size, use tape measure to determine correct helmet size at all times. If you are unsure of helmet size, consult event captain.
 - For correct fit size, measure with **tape measure**, one or two fingers widths above eye brows all around head.
 - Use **size chart** to request or select helmet size.
 - **Information** on correctly fitting bike helmets is located in Bike Smart Booklets which DOT distributes at helmet fitting events.
 - Position helmet level on head, one or two fingers widths **above eye brows**.
 - Side straps should form a **"V"** around ears and plastic clip adjusted directly under ear loves.
 - Chin straps should be buckled so only **one finger** fits between chin and strap.
 - Check to see that the chin strap **will not slip** over chin. If so, tighten the chin strap.
 - **Use a mirror**, if available, to show the person being fitted the correct way to fit a helmet so the helmet provides protection.
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