

Before you ride, take time to fit your helmet for safety.

It's a no-brainer.



A bicycle helmet that comes off or out of position in a crash will not protect your brain. To select and properly fit a helmet, follow these steps:

**Step 1 – size**

Measure your head to start with the manufacturer's suggested sizing. Try the helmet on and select a helmet that fits snugly. When the helmet is flat on your head, it should not rock from side to side. Adjustments may be made with provided pads, or on certain helmets, with a universal fit ring.



**Step 2 – position**

Place the helmet level on your head. The front of the helmet should

be one to two finger widths above your eyebrows to protect the forehead.



**Step 3 – side straps**

Adjust the slide on both side straps to form a "V" directly under

and slightly in front of the ears. Lock the slide if possible.



**Step 4 – buckle**

Center the left buckle part under the chin. Make sure the helmet is level. Adjust the

rear or front straps to assure the helmet is not tilting forward or back.



**Step 5 – chin strap**

Place the helmet level on your head. The front of the helmet

should be one to two finger widths above your eyebrows to protect the forehead.



**Step 6 –check the fit (fig 4)**

**A.** Open your mouth wide — the helmet should pull down on your head. If it does not, tighten the chin strap (step 5).

**B.** Does the helmet tilt back more than two fingers above the eyebrows? If so, unbuckle and shorten the front straps by moving the sliders forward.

**C.** Does the helmet rock forward over your eyebrows? If so, unbuckle and tighten the back strap by moving the slider back toward the ear.

**D.** Readjust the chin strap, roll the rubber band close to the buckle and insert all four straps into the rubber band.

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Cohen Children's Medical is the Long Island Chapter of Think First National Injury Prevention Foundation.

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