

Tips for Helmet Fitting



FRONT

Push the helmet toward the back of your head. Does it tip back to uncover your forehead? Only two finger-widths of forehead should be exposed between your eyebrows and helmet. If needed, tighten the chin strap. You could also switch to thicker pads on the inside of the helmet for a better fit.



BACK

Your helmet should be level from front to back.



SIDE TO SIDE

Rock the helmet from side to side and shake your head "no". Does your helmet slip? Tighten and even up the straps.



UP AND DOWN

Open your mouth as wide as you can without moving your head. Does your helmet pull snugly against the top of your head? It should! Tighten the chin strap and make sure that the side strap junctions are under each earlobe.

Does your helmet fit properly?

A helmet that fits properly is twice as effective in preventing head injury as a helmet with a poor fit.

Eyes, ears and mouth test

Your **EYES** should see the brim of the helmet when it's level from front to back. A helmet fits correctly when the front edge is one or two finger-widths above your eyebrows.

Your **EARS** should be right above the Y where the side straps meet. The pads and straps should rest firmly against your head.

Open your **MOUTH** and feel the snug strap under your chin pull the helmet down. This is really the only way the helmet ought to move: it shouldn't slip from side to side or back to front.

To correct your helmet fit, tighten straps and adjust the padding on the inside. Need more information? Ask your bike shop clerk or go to <http://www.cascade.org/helmet-fit>



Helmet materials degrade over time. You should replace them every 3-5 years. If your helmet sustains a crash, it is time to replace it.