



# Fitting Your Helmet in 6 Easy Steps

It's not enough to simply have a bicycle helmet. Be sure yours is properly fitted and adjusted—and worn every time you ride.

*To select and properly fit a bicycle helmet, follow the helmet fitting instructions below. It may take some time to ensure a proper fit.*

## 1 Size

Measure your head for approximate size. Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.



## 2 Position

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.



## 3 Side Straps

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.



## 4 Buckles

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



## 5 Chin Strap

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers can fit under the strap.



## 6 Final Fitting

**A.** Does your helmet fit right? Open your mouth wide... big yawn! The helmet should pull down on the head. If not, review Step 5 and tighten the chin strap

**B.** Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again.

**C.** Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again.

**D.** Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.



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# When to Replace a Helmet

Replace any helmet that has been involved in a crash or has otherwise become damaged.

## ■ *The Helmet Should Fit Now.*

Buy a helmet that fits your head now, not a helmet to “grow into.” Replace any helmet that has been outgrown.

## ■ *The Helmet Should Be Comfortable.*

If it feels small, put in the thinner sizing pads or purchase a larger helmet. Ideally, select a helmet brand and size that fits well prior to any adjustments. If you buy a helmet that you find comfortable and attractive, you are more likely to wear it.

## ■ *The Helmet Must Cover Your Forehead.*

## ■ *The Chin Strap Must Be Tight and Properly Adjusted.*

## ■ *The Helmet Should Not Rock Forward or Backward on Your Head.*

If it does, review Step 6. A bicycle helmet can protect your head and brain ONLY if it fits properly and you wear it every time you ride!

# Helmet Laws

Many states and local jurisdictions have bicycle helmet laws; please refer to your state or local jurisdiction. To find this information, visit [www.drivinglaws.aaa.com/laws/bicycles](http://www.drivinglaws.aaa.com/laws/bicycles).

A bicycle crash can happen at any time. A properly fitted bicycle helmet can reduce the risk of head injury by as much as 85 percent and the risk of brain injury by as much as 88 percent.

More children age 5 to 14 go to hospital emergency rooms for injuries associated with bicycles than with any other sport. Many of these injuries involve the head. Helmet laws help ensure the safety of both children and adults.

## Model Safe Behavior

Everyone—adults and children alike—should wear their bicycle helmet every time they ride. Wearing a helmet is the single most effective way to prevent head injuries resulting from bicycle crashes. And wearing your helmet each ride can encourage the same smart behavior in others.

## Helmet Certification

Buy a new helmet that has been tested and meets the uniform safety standard issued by the U.S. Consumer Product Safety Commission (CPSC); use an old helmet only if it has a seal from one or more of the voluntary bicycle helmet standards, such as ASTM, Snell or ANSI. Look for the certification seal labeled on the helmet.

**Student Pledge:** *I promise to always wear a helmet every time I ride a bicycle. I know that wearing a properly fitted bicycle helmet will greatly reduce the chance of my getting seriously hurt. I will encourage others to make the same smart choice to wear a helmet when riding a bicycle.*

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Parent/Guardian Pledge:** *I promise to always wear a helmet every time I ride and to make sure that my children do the same. I know that wearing a properly fitted bicycle helmet is the single most effective way to prevent head injuries resulting from a bicycle crash, and that wearing a helmet each time I ride encourages the same smart behavior in others.*

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*For more information, visit [AAA.com/SafetyMatters](http://AAA.com/SafetyMatters)*

