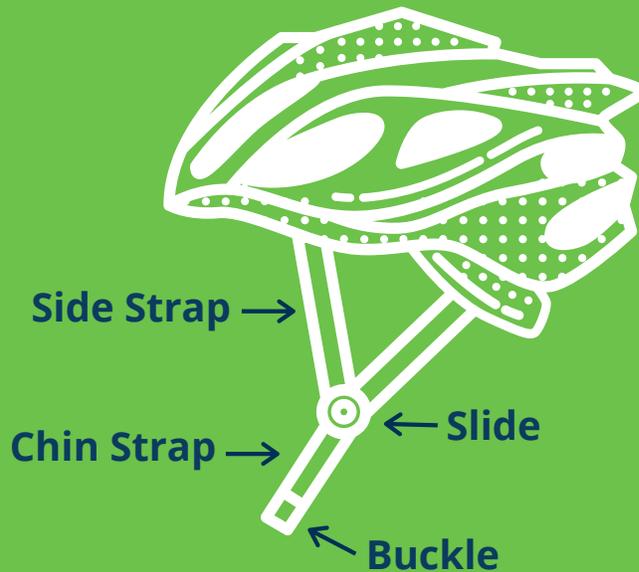


Fitting Your Helmet

Easy steps on how to properly fit your bicycle helmet



- 1** **Size:** Measure your head to find your size. Place the helmet, level on your head, and adjust ring or sizing pads as needed for a snug fit.
- 2** **Position:** Helmet should sit level on your head and at the lower part of your forehead, about one or two fingers above your eyebrow.
- 3** **Side Straps and buckles:** Adjust the slide on the side straps to form a V under the ears. Adjust the strap buckle to shorten the chin strap. You want to only be able to fit 1 or 2 fingers between your chin and the strap.
- 4** **Final fit check:** Yawn and make sure your helmet pulls down on your head. It shouldn't rock back and forth more than 2 fingers above your eyebrow or into your eyes. Make adjustments for a better fit.

In a crash, helmets are the single most effective piece of safety equipment for riders of all ages. Everyone should choose to wear a helmet.