

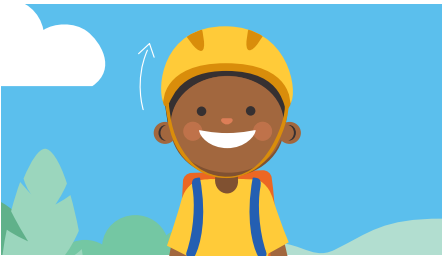
Finding the RIGHT Fit

How to Properly (and Safely!) Wear Your Bike Helmet



Step 1: Find the RIGHT size.

Your bike helmet should be comfortable and snug and fit your head size. Have an adult measure your head with a tape measure and help you pick the right size.



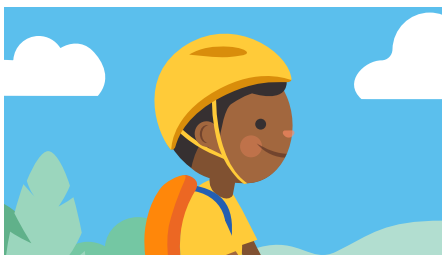
Step 2: Find the RIGHT position.

Make sure your helmet is lined up with the top of your head. You should be able to see in front of you; and when you look up with your eyes, you should be able to see your helmet.



Step 3: Double check!

Two adult fingers should fit between your eyebrows and the bottom of the helmet. From the back, the helmet should look level.



Step 4: Find the RIGHT fit.

Your chinstrap should make a "Y" around each ear. The strap should be snug—but loose enough you can fit your pinky finger in between your chin and your strap.



Step 5: Say "Ahhhhh..."

One final check—If your helmet pulls down just a little bit while your mouth is open really big - you've got a perfect fit!

#bike  safe





#bikeINsafe