

# How to Fit a Bike Helmet

## Step 1

Choose the **right size** helmet for your head. It should feel snug but not uncomfortable.

*Kids grow fast, check the fit regularly.*

## Step 2

Position the helmet **low and level** on your forehead. Measure 2 fingers between helmet and eyebrows.

*Do the "Bicycle Salute" before each ride!*



## Step 3

Adjust the side straps into a V shape just below the ears.



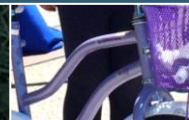
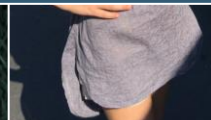
## Step 4

Buckle the clasp and adjust the straps so that only 1 or 2 fingers fit in the space between your chin and the straps.



## Step 5

**Wear it every time you ride.**



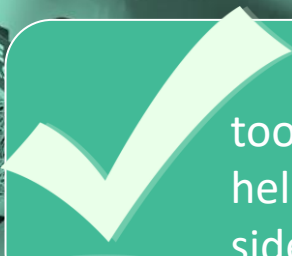


# Selecting the Right Bike Helmet for a Child

Replace a helmet that's been in a crash.  
Damage is not always visible.

Buy a helmet that fits now, not one to "grow into."

Pick a helmet that **the child** finds comfortable and attractive, so they will be more likely to wear it.



**Double Check!** Children often wear their helmets too far back and with loose straps. First, position the helmet **low and level** on the forehead, **then** adjust side and chin straps until the fit is snug.

CA state law requires children to wear a helmet while riding a bike, skateboard, scooter, and in-line skates.

Be a good "Roll Model" for your child. Adults should wear a helmet every time they ride - for protection - **and** to encourage the same good behavior in children.

