

# FITTING A BICYCLE HELMET RIGHT

**1** The helmet should fit snugly. Use the foam pads to make it fit.

**2** The helmet should cover the forehead.

**4** Fasten the strap under the chin, with one finger's width of space between the strap and the chin. The helmet must **ALWAYS** be buckled.

Gently try to roll the helmet backwards and forwards, and side to side, on the head. The helmet should not move more than 1/2 inch in any direction.

**3** Move the plastic slide to make the straps meet just below both ears.



**State of California**

DEPARTMENT OF HEALTH SERVICES  
State and Local Injury Control  
Sacramento, California