

Bike Safety

Helmet Fitting

DOES YOUR HELMET FIT?

Bicycle helmets are designed to protect your head against only one crash. Helmets should be discarded and new ones purchased after a cyclist has hit his or her head; this should be done even if the helmet does not look damaged.

Buying a second-hand helmet may put you or your child at risk as you may not know if the helmet has been in a crash and you may not know how old the helmet is. **FOR SAFETY REASONS**, it is important to purchase only new helmets in order to ensure the safety of your head. If you do buy or use an old helmet, ask how old the helmet is and if it has ever been in a crash.

Buying a helmet does not guarantee safety; helmets must be properly fitted in order to ensure they will

WRONG

RIGHT



HOW WELL DOES YOUR HELMET FIT?

- The front edge of the helmet should be no more than 2 finger-widths above the eyebrows.
- The ears should be in the middle of the "V" shape, With the sliders or side buckles right below the ears.
- The chin strap should fit snugly. You should be able to fit just one finger under the strap.
- The helmet should not slide from side to side. Use provided foam pads to make it fit better.
- All straps should lie flat against the head and be evenly adjusted.

Two fingers above your eyebrow to the bottom of your helmet.

Four fingers to make a V-shape around the bottom of your ears.

One finger under the strap beneath your chin.



Remember, there are specific helmets for skate boards, inline skating and biking. These helmets offer different levels of protection. Make sure you wear the proper helmet for your activity. We only have one brain. Let's protect it and ensure our safety and the safety of our future generations.

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