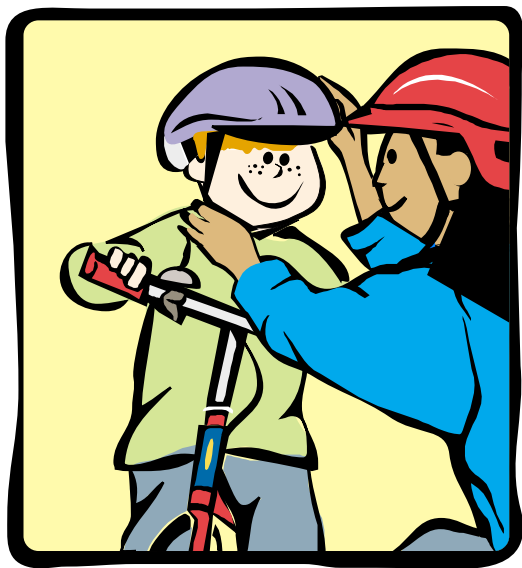


# How to Properly Fit a Bicycle Helmet

Before buying a bicycle helmet, measure the child's head circumference at the eyebrow level and find a helmet that is made for that size of head. Different brands of helmets fit different shaped heads. If at all possible, take the child with you to the store to purchase the helmet.



- Step 1** Place the helmet on the child's head and make sure it is level from front to back.
- Step 2** The helmet must sit 1-2 finger widths (approx. 3 cm) above the eyebrows.
- Step 3** Make sure the helmet fits snugly, by adding or removing sizing pads if necessary. The helmet should not move when the child nods or shakes his/her head.
- Step 4** Adjust the straps to form a "V" just below and in front of the earlobes.
- Step 5** Do up the chinstrap.
- Step 6** Adjust the chinstrap so that you can only fit the width of one finger in between the child's chin and the chinstrap.
- Step 7** Make sure that the child's helmet can only be removed by undoing the chin straps.

CHP05-1135

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