

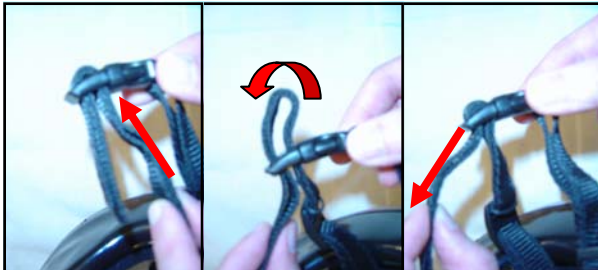
How to adjust the straps



Feed straps away from helmet to tighten.



Feed straps towards helmet to loosen.



Feed excess strap through the chin buckle and pull to tighten.

Remember

- ♦ A bike helmet should meet the Consumer Product Safety Commission standard — look for the CPSC label.
- ♦ Replace a bike helmet after it has been in a crash — one crash and it's trash.

Need padding?

Most helmets come with additional padding of various size and thickness.



Remove the existing pads (usually attached with Velcro) from the helmet and add larger or thicker pads to achieve a snug fit if necessary.

Bike Helmet Fitting 101



Coalition Lead Agency



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Provided by the
**Delaware County
Safe Communities/
Safe Kids Coalition**

Coalition Member

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Are you on the level?

The helmet should fit straight on the top of your head.



Using your index and middle fingers, your middle finger should touch your eyebrow and the helmet should touch your index finger. This means your helmet is level.



Check your chin strap

Using your index and middle fingers, place them under the straps by your chin. If you can fit more than two fingers through, the chin straps are too loose and need to be tightened.



If you open your mouth to say “ah” and the helmet pulls down gently, the straps are adjusted correctly.



Are the straps in the right place?

The front and back straps should form a “V” around your ear. This ensures the helmet will pull straight down in the event of a crash.



Final check

- ◆ Shake your head side-to-side. If the helmet does not move, it is a good fit.
- ◆ If the helmet moves, try readjusting the straps or adding additional helmet pads.
- ◆ Check the straps often for tightness. They may loosen during use.