

A helmet can only protect your brain if you wear it each time you ride!

Everyone—adult and child—should wear bicycle helmets each time they ride. Helmets are the single most effective way to prevent head injuries resulting from bicycle crashes.

Follow these six steps to make sure your helmet fits properly.

Step 1 - Size:

Measure your head for approximate size. Try the helmet on to ensure it fits snugly. Buy a helmet that fits your head now, not a helmet to “grow into.”

Make sure it doesn't rock side to side. Use sizing pads to securely fit the helmet to your head. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.



Step 2 - Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.



Step 3 - Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



Step 4 - Side Straps:

Adjust the slider on both straps to form a “V” shape under, and slightly in front of, the ears. Lock the slider if possible.



Step 5 - Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.



Step 6 - Final Fitting:

Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on the head. If not, tighten the chin strap.

Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again.

Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again.

For more information on bicycle safety, visit the UDOH Violence and Injury Prevention Program at <http://health.utah.gov/vipp>.