



## How to Make a Bicycle Helmet Fit Properly

- Only purchase a bicycle helmet that is ANSI-, ASTM-, or Snell-approved; look for these labels inside the helmet or on packaging materials.
- A bicycle helmet should be tried on and adjusted before used; helmets come in a variety of shapes and sizes from extra small to extra large.
- A bicycle helmet should come with a packet of velcro foam pads; these pads can be inserted or removed to make the helmet fit better. (Keep your extra helmet pads where you can find them later.)
- A bicycle helmet should come with adjustable straps to position the helmet and keep it securely on the head. Always fasten the adjustable strap under the chin.
- Remember to adjust the straps and velcro pads in the bicycle helmet as the child grows.
- A good fitting bicycle helmet should sit on top of the head in a *level* position; feel comfortable, but not be too tight or too loose; the helmet should not rock from side-to-side or back and forth (see illustration).
- Be sure to replace a bicycle helmet that has been in a crash or has been damaged. Never wear a damaged bicycle helmet.

