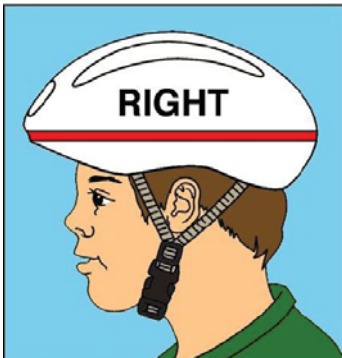


How to Fit a Bicycle Helmet

Do you know the correct way to wear a helmet?

FACT: A bicycle helmet reduces the risk of serious head and brain injuries by 85-88%.



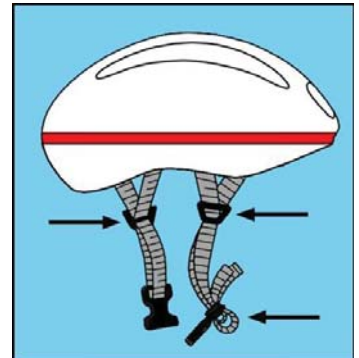
Wear the helmet flat atop your head



Not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct your field of vision.



Make sure the chin strap fits securely and that the buckle stays fastened.

Helmets are not hats! They must be level on your head with the fitting pads inside touching all the way around and strapped on securely to be protective in a crash.

Helmets provide the best protection against injury whether your child is riding a bike, scooter, skateboard or skates. Wearing a helmet can prevent 85-88% of head injuries from bike crashes. A helmet will only protect when it fits well.

Choosing a helmet. Choose a helmet that meets safety standards. Look for a CPSC (Consumer Product Safety Commission) sticker inside the helmet. Helmet costs vary. Costly helmets are not always better. Choose one that your child likes and will wear. Check used or hand-me-down helmets with care and never wear a helmet that is cracked, broken or has been in a crash. Used helmets may have cracks you cannot see. Older helmets may not meet safety standards. Let your child pick out his/her helmet. To encourage your child to wear a helmet, start the helmet habit early and wear one yourself.

Use this 3-Point Check as a quick way to test for a proper fit.

- 1. EYES.** Helmet sits level on the child's head and rests low on the forehead, 1 to 2 fingers widths above the eyebrows. A helmet pushed up too high will not protect the face or head well in a fall or crash.
- 2. EARS.** The straps are even and form a "Y" under the earlobe (where the earlobe meets the head) and are snug against the head.
- 3. MOUTH.** The buckled chin strap is loose enough so that your child can breathe. There should be enough room so you can insert a finger between the buckle and chin, but tight enough that if your child opens his/her mouth, you can feel the helmet pull down on top.

Checking the fit. With one hand, gently lift the front of the helmet up and back. The helmet should not move up and back to reveal the forehead. If it does, tighten the strap in front of the ear. Now lift the back of the helmet up and forward from the back. Can you move the helmet more than an inch? If so, tighten the back strap. If you can move the helmet from side to side, add thicker pads at the side. When done the helmet should feel level, solid on the child's head and be comfortable. If it doesn't fit keep working with the fit pads and straps or try another helmet. If you have a "one size fits all" model with a fitting ring instead, just adjust the fit by tightening the ring if needed.

For more information: www.seattlechildrens.org
www.bhsi.org (Bicycle Helmet Safety Institute)

