Size, Position & Buckle

Helmets the correct way, for bike helmet safety every day.
6 STEPS TO PROPERLY FIT A BIKE HELMET

STEP 1
Measure for size

STEP 2
Position helmet 1 or 2 fingers widths above the eye brows

STEP 3
Buckle helmet under the chin

STEP 4
Adjust side straps to form a “V” under and slightly in front of ears

STEP 5
Tighten chin strap so only one finger fits under strap

STEP 6
Check steps 1–5
## Bike Helmet Fitting Size Chart

<table>
<thead>
<tr>
<th>Size</th>
<th>Inches</th>
</tr>
</thead>
<tbody>
<tr>
<td>TODDLER</td>
<td>17-18</td>
</tr>
<tr>
<td>SMALL</td>
<td>19-20</td>
</tr>
<tr>
<td>MEDIUM</td>
<td>21</td>
</tr>
<tr>
<td>LARGE</td>
<td>22</td>
</tr>
<tr>
<td>X-LARGE</td>
<td>23+</td>
</tr>
</tbody>
</table>
TIPS FOR HELMET FITTING

- *Don’t guess* at helmet size, use tape measure to determine correct helmet size at all times. If you are unsure of helmet size, consult event captain.

- For correct fit size, measure with *tape measure*, one or two fingers widths above eye brows all around head.

- Use *size chart* to request or select helmet size.

- *Information* on correctly fitting bike helmets is located in Bike Smart Booklets which DOT distributes at helmet fitting events.

- Position helmet level on head, one or two fingers widths *above eye brows*.

- Side straps should form a “V” around ears and plastic clip adjusted directly under ear loves.

- Chin straps should be buckled so only *one finger* fits between chin and strap.

- Check to see that the chin strap *will not slip* over chin. If so, tighten the chin strap.

- *Use a mirror*, if available, to show the person being fitted the correct way to fit a helmet so the helmet provides protection.