

**SAFETY  
FOR ALL  
SEASONS**

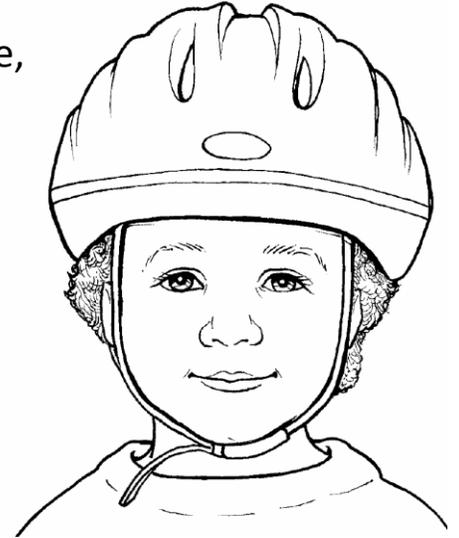
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# How to Fit a Safety Helmet

Choosing and fitting a helmet is very important! When choosing a helmet, make sure it is CPSC Certified, and the correct helmet for your sport.

Make sure your helmet is the right size, and that it fits snugly around your forehead. It should feel like your helmet is giving your head a hug!



## Here's how to fit a helmet:

**Step 1.** Try on the helmet. Make sure it fits snugly on your head without rocking to the side.

**Step 2.** The helmet should sit level on your head. Your forehead should be covered down to just above the eyebrow.

**Step 3.** Center the left buckle under the chin. Make the straps longer or shorter so that no more than one finger can fit under the strap. You can take off the helmet to adjust it.

**Step 4.** Adjust the slider on both straps to form a "Y" around the ears.



**Step 5.** Buckle the helmet under the chin, careful not to pinch!

**Step 6.** With the helmet buckled, open your mouth, like a big yawn. The helmet will pull down on your head, but won't be too tight. You should be able to talk and laugh and have the helmet still feel comfortable.

**Step 7.** The helmet should not move if you push or pull it from side to side or from front to back.

**Step 8.** Now do a final check. If your helmet rocks back more than 2 fingers above the eyebrows, then readjust for a better fit. Check to see if the helmet rocks forward into your eyes. If so, readjust for a better fit!

**Step 9.** Now you are ready to go! Remember, have fun, but don't take extra risks just because you are wearing a helmet!