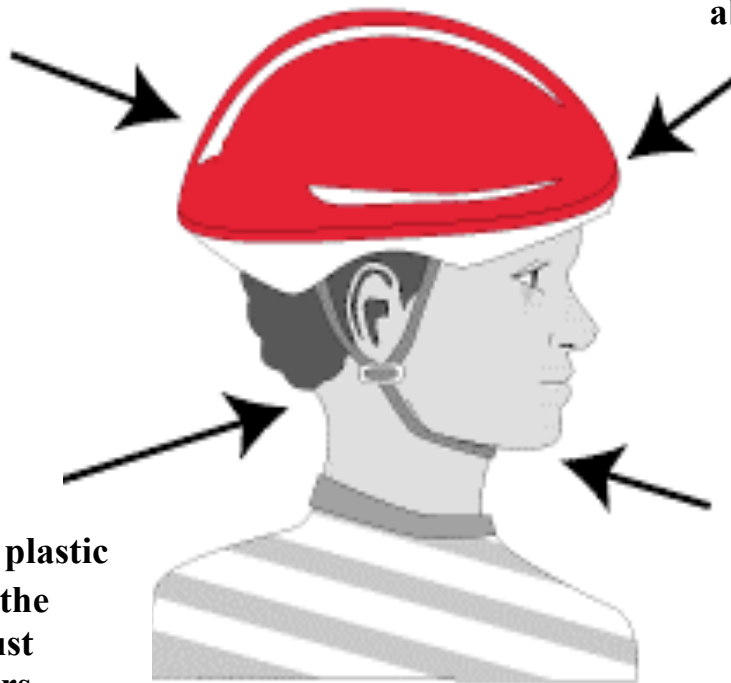


Bicycle Helmet Fitting Guide

Fitting a Bicycle Helmet **RIGHT**

1. The helmet should fit snugly. Use the foam pads to make it fit.

2. The helmet should sit low on the forehead, just above the eyebrow.



3. Move the plastic slide to make the straps meet just below both ears.

4. Fasten the strap under the chin, with one finger's width of space between the strap and the chin. The helmet must **ALWAYS** be buckled.

5. Gently try to roll the helmet backwards and forwards on the head. The helmet should not move more than $\frac{1}{2}$ inch in any direction.



Butte County Safe Kids Coalition
Butte County Child Abuse Prevention Council

Created by: Sonoma County Safe Kids- Sonoma County Public Health Department

