

# Bicycle Helmets

## *Fit Them Right—For Life*

A bicycle helmet that is secured and fit correctly can reduce the chance of serious head injury by about 80%. One that's not offers almost no protection. Follow these simple tips to a good helmet fit.

### **Buy a Helmet that's the Right Size.**

The helmet should fit snugly but comfortably without extra pads in it. There should be little or no side to side or front to back "play" of the helmet. If your child's head "rattles around" in it, the helmet's too big. The top of your child's head should touch the top of the inside of the helmet.

### **Adjust the Straps so the Helmet is Snug and Level**

The helmet should sit level on the head. It should cover and protect both the back and front of the head. It should begin covering the forehead about a thumb's width above the eyebrows.



The front and back adjusting straps should both be tight so that the helmet will not tip backwards or forwards. The two straps should come together under the ear. Tighten the chin strap so it's snug. You should be able to insert just one or two fingers between the strap and chin. If your child can eat comfortably with the strap tightened, it's too loose. Use the pads that came with the helmet to fine tune the fit. Never use them to try to "fit" a helmet that's too large to start with.

### **Always Wear A Helmet**

Make it a family rule that everyone must wear a helmet every time they ride. It usually only takes a few weeks of consistent practice to develop this good habit. Remember, California law requires everyone under 18 to wear a helmet; common sense requires everyone 18 or older to wear one.



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