



BEGINNING CYCLING HELMET FIT

Wear a helmet

- A helmet is your last line of defense in a crash; never ride without one
- Helmets can reduce serious head injuries by 85% in a crash
- A helmet will not protect your head if it is not properly fit

Helmet Fit

- Make sure that the helmet fits on top of the head, not tipped back
- Always wear a helmet while riding a bike, no matter how short the trip
- After a crash or any impact that affects your helmet, replace it immediately

Shell and pads

- Find the smallest helmet shell size that fits over your head
- Helmet pads should not be used to make a helmet that is too big fit your head
- Leave about two-fingers width between your eyebrows and the front of the helmet

Straps

- The straps should be joined just under each ear at the jawbone
- The buckle should be snug with your mouth completely open
- Periodically check your strap adjustment; improper fit can render helmet useless

Ventilation

- In general, the more vents the better; improper ventilation can cause overheating
- Helmets with good ventilation can actually be cooler than riding with no helmet at all
- More vents usually mean a higher priced helmet; buy one that you are proud to wear

Colors

- Helmets come in all different colors in different models; buy a highly visible color
- Shell color does not affect the temperature of the helmet against your head
- Pick a color that encourages you or your kids to wear it

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