

The Correct Way To fit Your Helmet



To watch a video demonstrating how to fit a helmet go to www.cityofmadison.com/transp/bicycle.html

Step 1 CHECKING YOUR HELMET



- Is the helmet facing the right way? The brand name should be in front and the longer part should be in back.



- Is the helmet in the proper position: one or two finger widths above your eyebrows and level with the ground?



- Does the helmet move less than an inch when you push it back and forth or side-to-side?

If you can answer YES to ALL of these questions, congratulations, your helmet fits properly. If not, follow instructions below to ensure a proper fit.

Step 2 ADJUSTING YOUR HELMET



- Use pads provided by manufacturer or adjust the band inside to ensure a snug fit.



- Fasten the buckle leaving a finger's width between your chin and chin strap.



- Adjust the straps so they form a Y just below your ear. Shorten the front strap if necessary to ensure the helmet covers your forehead.



- This is what your helmet should look like when you are done.