

# How to Fit Your Helmet

After choosing the correct size helmet, you need to adjust the straps and pads to fit your head. This adjustment is critical to your safety.

## Adjust the Side Straps

Adjust the side straps so the helmet will stay in place. Straps should be snug against the sides of your head.

## Adjust the Buckle Strap

The buckle strap should be snug beneath the chin, but not to the point that it causes discomfort or difficulty swallowing. You should feel the strap against your skin, but be able to slide a finger under it.

## Select the Right Sizing Pads

Size your helmet to your head using the right combination of foam sizing pads. Change and locate them as needed to make it snug without being uncomfortable. To test the fit, shake your helmeted head from side to side. When the pads are properly placed, the helmet will stay in place.

## Position the Helmet Correctly

A common mistake is to wear the helmet tipped too far back. It should be level front to rear and side to side.

## Double-Check the Fit Before Every Ride

Double-check the adjustment of your straps every time you wear your helmet.



A properly adjusted and correctly worn bike helmet can reduce the chances of serious head injuries by 85%!



NH Pediatric Society and NH Safe Kids Coalition

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Education, NH Department of Health & Human Services, NH Pediatric Society, and NH Safe Kids Coalition