

Walking and Bicycling Resources

A HELMET THAT FITS



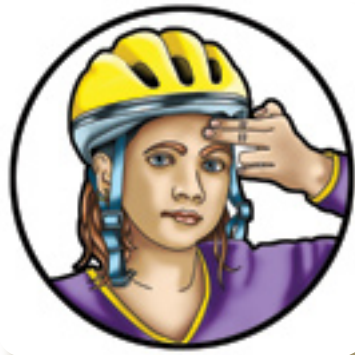
CHOOSING THE RIGHT SIZE

When choosing a helmet, the most important choice is the helmet's size. A helmet should cover a rider's forehead, while fitting snugly on top, without rocking from side to side. Generally, helmets come with extra pads to take up 'wiggle room.' These pads can help ensure a safe and comfortable fit. Some helmets feature universal fit rings instead of pads, adjusting to fit larger and smaller heads. If a helmet feels small, install thinner sizing pads or purchase a larger helmet.

For children, it's especially important to buy the right size helmet for your child's current size – don't buy one they can "grow into."

POSITION

Helmets should be level on a rider's head, low on the forehead and approximately one inch above the eyebrows. Helmets worn backwards, too loose, or unbuckled do not protect the head, and in some cases may contribute to injury.



BUCKLES AND STRAPS

Most helmets feature buckles and straps that can adjust to any rider's head. Adjust the side straps to form a "v" shape under and slightly in front of the ears. Chin straps should buckle firmly but not constrict the wearer, allowing one or two fingers to fit between the chin and the strap.



COMFORT

A comfortable fit is the most important aspect of a helmet. A helmet can only protect you from injury if you wear it when you ride, and you will be more likely to wear it if you find it comfortable and attractive. Ask your local bike shop if you need help finding the right helmet for you.

Further resources:

American Academy of Pediatrics guide to bike helmets and children: <http://www.aap.org/family/thelmabt.htm>

Bicycle Helmet Safety Institute: <http://www.helmets.org/>

Image source: National Highway Traffic Safety Administration