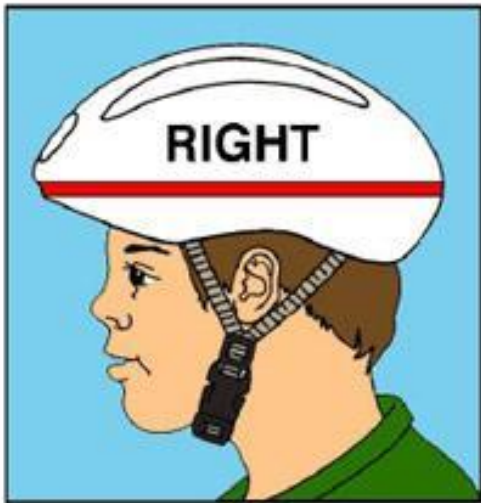
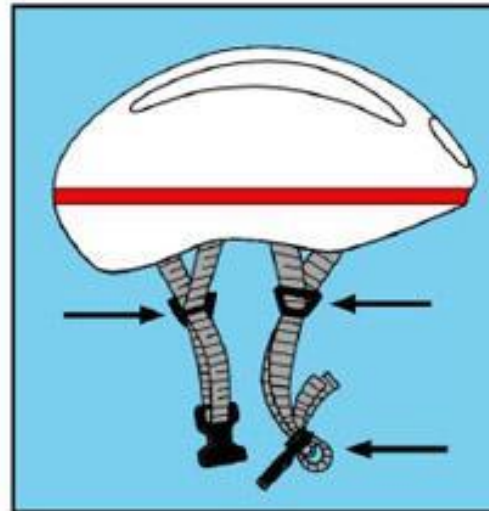


Correct helmet fitting



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

Helmets need to sit squarely on the head, with the front of the helmet low on the brow, protecting the forehead.

Side straps should be fastened securely just below and forward of the ears. There should be no slack when the chinstrap is fastened. If a helmet is worn too loosely, it slides back exposing the forehead or falls off in a crash.

To check helmet position and fit, gently rotate the helmet on the head, front to back, and side to side. If the fit is comfortable, and the skin moves with the helmet, it is a proper fit. If not, the helmet is too loose – readjust straps.

Correct helmet fitting

X Helmet placed too far back exposing the forehead.

Straps are not secured correctly.



X Helmet placed too far forward exposing the back of the head.

Straps are not secured correctly.



✓ Helmet positioned correctly.

Straps are buckled snugly under the chin.

