

Bicycle Helmet Proper Fit



Things to look for when fitting a helmet:

- Helmets should sit level and fit securely on the head. The helmet should fit tightly enough, so it cannot slip forwards or backwards.
- Always make sure the chin strap is buckled and fits snugly, so the helmet doesn't move around. No more than 2 fingers should fit between the strap and under the child's chin.
- Replace a helmet after it has suffered impact. Even if the helmet looks OK on the outside, the protective foam inside could have been damaged.
- All helmets made after 1999 must meet federal safety requirements. Make sure your helmet has a CPSC or Snell Memorial Foundation seal to show it has passed inspection.