

FITTING A BIKE HELMET

A GOOD HELMET FIT is as important as helmet use. Allow as much as a half hour to get a proper adjustment. Ask a friend or a bike shop clerk to help if needed. When fitting children, be patient and don't give up until the fit is correct. Remember, helmets need to be readjusted occasionally to maintain a proper fit.

POSITION Put the helmet on your head so it sits evenly between the ears and is level from front to back. It should only be about one to two finger widths above your eyebrows. The helmet is too small if it does not reach to just above your eyebrows and is too big if it falls below the eyebrows.

PADS Put foam pads inside the helmet so it feels comfortable but really snug. Usually, the helmet includes more than one size of foam pads that can be velcroed inside the helmet for a better fit.

STRAPS Adjust the junction of front and back straps so the clips fit just under the ears. Clips and straps should form a "Y" shape under the earlobes and rest firmly against the head. Tighten the chin strap as snugly as possible without choking the wearer. Test for movement and readjust straps accordingly. See the "Fit Test" to the right.

FOUR-STEP HELMET FIT TEST

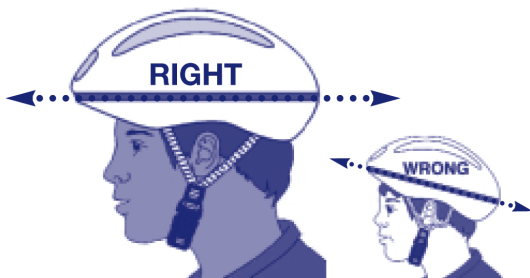
STEP	PROBLEM	SOLUTION
1. With one hand, gently lift the front of the helmet up and push back.	Helmet moves back to uncover the forehead.	Tighten (shorten) front straps to junction under ears while leaving back straps in the same position. Retighten chin strap as needed. Also, adjust padding thickness and position, especially in the back (and/or front if needed). If this doesn't work, the helmet may be too big.
2. With one hand, gently lift the back of the helmet up and push forward.	Helmet moves forward to cover the eyes.	Tighten (shorten) back straps. Make sure chin strap is snug. Also adjust padding thickness and position, especially in front (and/or back as needed). If this doesn't work, the helmet may be too big.
3. Put a hand on each side of the helmet and rock from side to side. Shake your head "no" as hard as possible.	Helmet slips from side to side.	Check padding on sides and add thicker pads. Make sure straps are snug and evenly adjusted.
4. Open your mouth (lower jaw) as wide as possible, without moving your head. The top of the helmet should pull snugly against the top of your head.	Helmet does not pull down when opening your mouth.	Tighten chin strap. Make sure the front and back strap junctions rest under each earlobe.

Have someone else test your helmet fit by doing the "Four-Step Helmet Fit Test". Your helmet should pass each test. Now you're ready to ride!



BUYING A BIKE HELMET

1. Make sure helmets have CPSC (U.S. Consumer Product Safety Commission) or Snell certification for bicycle helmets.
2. Select a brand and size that fits well prior to any adjustments.
3. Make sure straps fit snugly into clips without slipping; otherwise it will be difficult to maintain proper helmet position.
4. When buying for a child, buy a helmet that fits now and not one to grow into.
5. Replace any helmet that has been involved in a crash, even if no damage is visible.
6. Remember, bike helmets are the law in King County and many other areas of the state.



FOR A QUICK CHECK, TRY THE "EYES, EARS AND MOUTH" TEST:

- Look up with your **EYES** and make sure you can see the brim of your helmet, low on your forehead.
- Feel that the straps make a "y" right below your **EARS**.
- Open your **MOUTH** and feel the strap around your chin pulling the helmet down on your head.

bicycle club
Cascade
education
foundation

The Cascade Bicycle Club Education Foundation's goal is to motivate cyclists to wear properly-fitted bicycle helmets each time they ride.

For more information about Cascade's helmet campaign or other programs, visit our website at www.cascade.org, E-mail julies@cascadebicycleclub.org or call 206-523-1952.

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YOUR BICYCLE HELMET: A CORRECT FIT

**How do you measure
the value of something
that can save a life?**

- Bicycle crashes kill approximately 900 people each year and injure more than 500,000.
- Head injuries are the most frequent cause of death in bike accidents – yet the proper use of a bicycle helmet can prevent 8 out of 10 head injuries.
- Studies show that a properly-fit and worn bicycle helmet offers twice as much protection against head injury as a bicycle helmet with a poor fit.

**Always wear your helmet –
and check today to make sure
your helmet fits properly!**