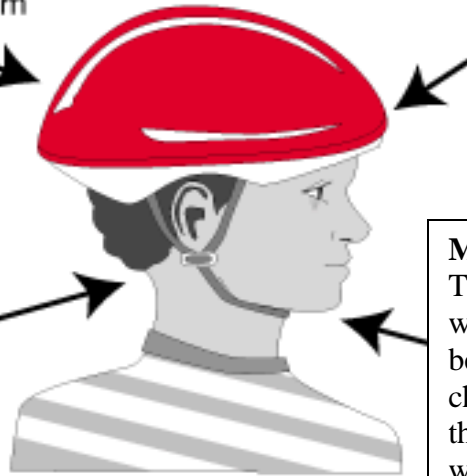


Fitting a Bicycle Helmet

It should fit snugly and can be fine tuned by using thinner or thicker removable foam pads inside.

EARS

The two side plastic pieces on the straps should fit just under the ears.



EYES

A bicycle helmet should sit low on the forehead. An easy rule to remember is put two fingers together just above your eyebrow. Your helmet edge should touch the top edge of your top finger. You should also be able to look up and see the edge of your helmet.

MOUTH

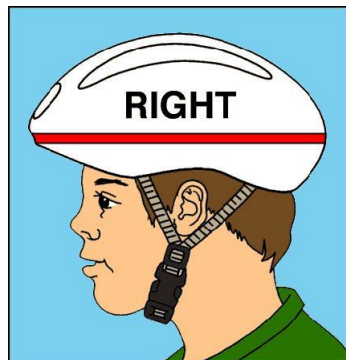
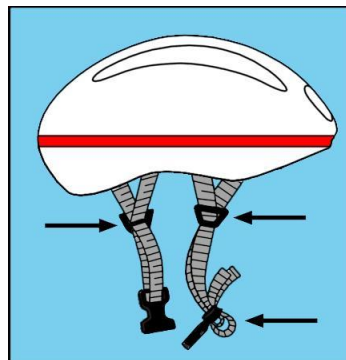
The buckle should be just under the chin with a one to two finger width of space between your buckle and under your chin. The strap should also snug enough that when you yawn, or open your mouth wide you can feel the helmet press down on the top of your head.

For a final check, gently try to roll the helmet back and forth on the head. The helmet should not move more than 1/2 inch in any direction.

Wear the helmet flat atop your head, **not** tilted back or forward at an angle!

Make sure the helmet fits snugly and does not obstruct your field of vision. The chin strap should fit securely and the buckle should stay fastened.

For a final check gently try to roll the helmet back and forth on the head. The helmet should not move more than 1/2 inch in any directions



Adjust the side & chin strap. The helmet should sit straight and snug