Bicycle Safety

MONTHLY SAFETY BRIEF

August 2004
NAF Atsugi

How to Properly Fit a Bicycle Helmet

Your objective: Snug, level, stable

You want the helmet to be comfortably touching the head all the way around, level and stable enough to resist even violent shakes or hard blows and stay in place. It should be as low on the head as possible to maximize side coverage, and held level on the head with the strap comfortably snug.

Be prepared for the Worst

Heads come in many sizes and shapes. You should be prepared for the possibility that the helmet you are trying to fit may not be compatible with your head.

Adjust the fit pads or ring

Most helmets come with extra foam fitting pads of different thickness to customize the fit. Adjust the side fit pads by using thicker pads if your head is narrow and there is a space, or add thick pads in the back for shorter heads. There are also helmets on the market that use a fitting ring rather than side pads for adjustment. With these one-size-fits-all models you begin by adjusting the size of the ring.

Adjust the straps – "Eye-Ear-Mouth"

- When you look upward the front rim should be barely visible to your **EYE**.
- The Y of the side straps should meet just below your **EAR**.
- The chinstrap should be snug against the chin so that when you open your **MOUTH** very wide you feel the helmet pull down a little bit.