

## **Bicycle Helmet Fit Checklist**

(Provided by the Bicycle Helmet Safety Institute, [www.bhsi.org](http://www.bhsi.org))

A very high percentage of cyclists' brain injuries can be prevented by a helmet, estimated anywhere from 45 to 88 percent. Helmets work best and fit most comfortably when you follow these basic steps:

1. **Level:** The helmet should be level on the rider's head.
2. **Rim or Visor Visible:** When the rider looks up, the front rim or the visor should be visible.
3. **V Below the Ear:** The V of the side straps should meet just below the ear.
4. **Snug Strap:** The chin strap should be tight enough so that the helmet will pull down a bit only when the rider opens his/her mouth wide.
5. **Skin Moves a Little:** Move the helmet side to side and front to back, watching the skin around the rider's eyebrows. It should move slightly with the helmet. If it does not, the fit pads are probably too thin in front or back, or the helmet may even be too large.
6. **Stabilizer Snug:** If there is a rear stabilizer, make it snug under the bulge on the rear of the head.
7. **Palm Test:** Have the rider put their palm on the front of the helmet and push up and back. If it moves more than an inch, more fitting is required.
8. **Shake Test:** Have the rider shake their head around. If the helmet dislodges, tighten the straps.
9. **Comfort:** Ask the rider if the helmet is comfortable and check to make sure there are no comfort issues that still need to be addressed.

This blurb is offered free of charge by the Center for Health & Learning with funding from the Vermont Agency of Transportation Safe Routes to School Program.



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