

Helmet Safety Check:

Do the Eyes Ears Mouth Test to see if your helmet fits correctly. If your helmet does not fit correctly, it will not protect you if you crash and hit your head. Your helmet should not be wobbly on your head.



Check with your EYES. Can you just barely see the brim of your helmet when you look up? Is your helmet level across the middle of our forehead, about 2 fingers width above your eyebrows?



Check your EARS. Do the helmet straps form a Y right under your earlobe? Look in a mirror, or feel the straps with your fingers.



Check with your MOUTH. Do the helmet straps go under your chin and fit snugly but without pinching? When you OPEN your mouth WIDE, do you feel the helmet pull on the top of your head?

If your helmet fit does not pass the test, work with a parent or teacher to adjust your helmet straps. It is very hard to adjust your own helmet straps, even for adults. Get someone to help you – it will go much faster and you'll look smart wearing your helmet the right way.



This Helmet Safety Check was developed by Becka Roof, Going Green, as part of the Vermont Safe Routes to School Program, 2008. Distributed by the Center for Health and Learning.

Credits: Images are from the National Highway Traffic Safety Administration; Eyes, Ears, Mouth test developed by the Bicycle Coalition of Maine.