Have someone else test your helmet fit by doing the 5 steps:

1. Lift helmet forward.
   - If helmet does not cover your forehead, it is too small.
   - If helmet covers your forehead but not your eyes, it is too large. Adjust chin strap and try again.

2. With one hand, gently lift helmet up and back.
   - The helmet should move back and forth when you do this.
   - If the helmet moves too much, it is too loose.

3. With one hand, gently lift helmet up and forward.
   - The helmet should move up and forward when you do this.
   - If the helmet moves too much, it is too loose.

4. When opening your mouth, the top of your helmet should pull down on your mouth.
   - If it does not, adjust the chin strap.

5. Check to see if helmet fits:
   - Your head should be snug inside.
   - Your forehead should be covered.
   - Your eyes should be visible.
   - Your ears and sides should be secure.

A good helmet fit is important as well.

Steps:

- Position
- Problem
- Solution

Five-Step Helmet Test

Fitting a Bike Helmet
Buying a Bike Helmet

1. Buy a helmet that has been tested and meets the uniform safety standard issued by the U.S. Consumer Product Safety Commission (CPSC), or one or more of the voluntary bicycle helmet standards like ASTM, Snell or ANSI. You can tell this by looking for a label or sticker that says the helmet meets the standard.

2. Select a brand and size that fits well prior to any adjustments. Adjustable sizing pads are often included to help ensure a better fit. Buy one that’s comfortable and attractive. You’ll be more likely to wear it.

3. Buy a helmet that fits your child now, not a helmet to “grow into.”

4. Replace any helmet that has been involved in a crash!

FACT:
A bicycle helmet reduces the risk of serious head and brain injury by 85-88%

But it’s not enough to simply buy and wear one; you need to make sure it fits properly.

U.S. Department of Transportation
National Highway Traffic Safety Administration

HTSA
People Saving People
http://www.nhtsa.dot.gov

Developed by the National Highway Traffic Safety Administration – Region 10
Harborview Injury Prevention and Research Center (HIPRC)
Snell Memorial Foundation – Seattle, WA

DOT HS 808 000
September 1998

Permission to reprint with credit is hereby granted. 10,000 copies of this brochure were printed by the South Dakota Department of Health at a cost of $.14 per copy.