

Wearing a helmet while bike riding greatly reduces the risk of head injury – but only if it fits correctly. Follow these steps to choose and adjust your helmet for maximum protection.

Check for Safety Standards

Never add external stickers or paint as they can weaken the helmet or hide damage. Only buy helmets that meet official safety certifications. Look for a label inside the helmet from any of the following:

- EN1078 (Europe)
- CPSC (USA)
- CSA (Canada)
- AS/NZS 2063 (Australia/New Zealand)

Measure Your Head

Wrap a soft measuring tape around your head, about 2 cm above your eyebrows. Match your head size to the helmet size chart:

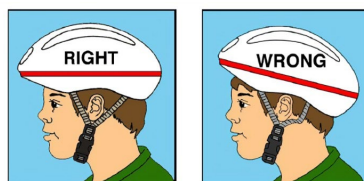
- Extra small 46-52 cm
- Small 52-56 cm
- Medium 56-58 cm
- Large 58-61 cm
- Extra large 61cm and over

Proper Fit

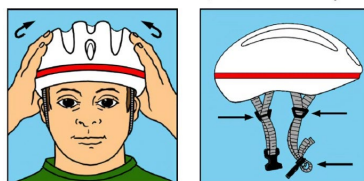
Level Fit: helmet should sit flat on your head, not tilted;

Forehead Rule: front edge should be about 2 cm above your eyebrows;

Snugfit: should feel snug, not tight, and not wobble when you shake your head.



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.



Adjust the Straps

Side Straps: form a “V” just below your ears;

Chin Strap: buckle under your chin allowing 1 or 2 fingers to fit underneath.
Consider a helmet with a rear adjustment dial (if available) to fine-tune fit.



Final Fit Test

- Open your mouth wide; helmet should press slightly on top of your head;
- Shake your head; helmet should stay in place.

Consider Helmet with a Visor

A visor is a valuable feature for:

- **Sunny days:** to shield your eyes and face from glare;
- **Rainy days:** helps keep water from dripping into your eyes.

Replace Your Helmet If:

- It was involved in a crash;
- You see cracks, dents or damage;
- It is over 5 years old.

