

How to fit your bike helmet

Prevent a brain injury. Wear your helmet every time you ride. Be sure it fits properly.

Follow these easy steps to fit your helmet:

1. Measure your head. Size varies among helmets. Head size may not match age listed on helmet.
2. Adjust helmet for a snug fit around your head. Some helmets use elastic, dials, or ratchets to create a snug fit. Others use sizing pads. Follow instructions in the owner's manual to achieve a secure fit.
3. Position helmet so it is level on your head and no more than 1 – 2 finger-widths above your eyebrows.

Tip: Look up with your eyes every time you put on your helmet. Be sure you can see the rim of the helmet.

4. Adjust straps. Be sure straps are flat, not twisted. If side straps are adjustable, adjust the straps to form a "V" shape just under your ears. If available, lock slider into place.
5. Buckle chin strap until it is snug.

Tip: Check that no more than 1 or 2 fingers fit between the strap and neck.

Final Check: Make sure helmet does not rock side to side or back and forth when shaking your head.

Straps get loose over time. Double check the fit of your helmet before every ride.

Replace helmets that do not fit or have been in a crash.

Remember: One crash and it's trash!



When you buy a helmet, be sure it meets safety standards. Look for a certification label on the helmet by the Consumer Product Safety Commission (CPSC), ASTM, Snell or ANSI.

For low cost helmets and free fittings contact:

Children's Health Resource Center
1675 Dempster Street
Park Ridge IL, 60068
847.723.9484

Trauma Services, 8 South
1775 Dempster Street
Park Ridge IL, 60068
847.723.6522, press #1

Advocate Lutheran General Hospital – EMSS Office
8820 Dempster (across the street from hospital)
Niles IL, 60714
847.723.5005