

HELMET FIT

1. **Wear a helmet**
 - A helmet is your last line of defense in an accident; never ride without one
 - Helmets can reduce serious head injuries by 85% in a crash
 - A helmet will not protect your head if it is not properly fit
2. **Helmet fit**
 - Make sure that the helmet fits on top of the head, not tipped back
 - Always wear a helmet while riding a bike, no matter how short the trip
 - After a crash or impact on your helmet, replace it
3. **Shell and pads**
 - Find the smallest helmet shell size that fits over your head
 - Helmet pads should not be used to make a helmet that is too big fit your head
 - Leave about two-fingers width between your eyebrows and the front of the helmet
4. **Straps**
 - The straps should be joined just under each ear at the jawbone
 - The buckle should be snug with your mouth completely open
 - Periodically check your strap adjustment; improper fit can render helmet useless
5. **Ventilation**
 - In general, the more vents the better; improper ventilation can cause overheating
 - Helmets with good ventilation can actually be cooler than riding with no helmet at all
 - More vents usually mean a higher priced helmet; buy one that you are proud to wear
6. **Colors**
 - Helmets come in all different colors in different models; buy a highly visible color
 - Shell color does not affect the temperature of the helmet against your head
 - Pick a color that encourages you or your kids to wear it

-- League of American Bicyclists