

How to Fit a Bike Helmet

Bike helmets can reduce the chance of brain injury by more than 80% – but



only when properly fit and worn. Here are some tips to help ensure that the helmets

protecting you and your family have the best chance of doing their job:

1. Place helmet on the head, level and with no more than two fingers width between the bottom edge of the helmet and the eyebrow.

2. Check that the helmet is in contact with the head. If not, tighten the retention ring or add thicker pads.

3. Adjust the slides for the helmet straps on both sides,



forming a “V” just below and slightly in front of the wearer’s ears.

4. Buckle the helmet below the chin. Tighten the straps until only two fingers can fit between it and the underside of the wearer’s chin.



5. Check the fit. When the

wearer opens the mouth, the helmet should dip slightly. If it doesn’t, the chin strap is too loose.

Need help fitting, fine-tuning or replacing a helmet? Contact your fire department at (360) 779-3997 or (360)297-3619 for an appointment!

When to Replace a Helmet?

Replace any helmet if you crash. Impact crushes some of the foam, although the damage may not be visible. Most manufacturers recommend replacement after five years. Replace the buckle if it cracks or any piece breaks off. Replace the whole helmet if the shell is separating from the liner, or if the shell is cracked.

Warning: Children must always remove helmets before climbing on playground equipment or trees, where a helmet can snag and choke them.