

# HOW TO CHOOSE & FIT A HELMET

## TYPES OF HELMETS

**Bicycle:** For bicycle riding only.

**Multi-sport:** For bicycling, skateboarding, inline skating and non-motorized scooters.

## SIZES OF HELMETS

Helmets are available in infant, child, youth and adult sizes. It is recommended that children under 1 year of age not be involved in bike travel as they have relatively weak neck structure that does not adequately support the weight of a helmet.

## REPLACEMENT OF HELMETS

It is recommended that helmets be replaced as follows:

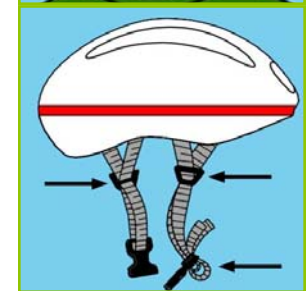
- ♦ If there are broken or missing parts/padding.
- ♦ If the helmet hits the ground or other object during a crash or fall.
- ♦ If the helmet does not fit properly.
- ♦ Every six years due to wear and tear in the structure.

**ALWAYS**  
**Wear Safety Gear!**  
Helmet • Elbow Pads  
Knee Pads



## PROPER FIT

1. A helmet should be worn squarely on top of the head, covering the forehead. The helmet should run parallel to the ground and not be tilted back.
2. Helmets usually come with removable pads in several sizes. When on, the helmet pads should be touching the head at all points. Change to thicker or thinner pads as necessary. Retain extra pads, especially for children, to make changes due to growth.
3. Helmets also come with adjustable straps. Fit as follows:
  - ♦ With the helmet on, the bottom of the (Y) made by the strap junction should fall just forward of and below each ear. Most helmets come with an adjustable plastic piece on the straps that should be positioned just below the earlobe.
  - ♦ The chin strap should be snug, with no more than a finger's width between strap and chin. The chin strap needs to be fastened at all times when riding.
4. Finally, the helmet should not move around the head or slide down over the eyes.



Safe Kids Grand Forks is a member of Safe Kids Worldwide.  
Altru Health System is the local lead organization. For more information call 701-780-1489.