

# NOT ALL HELMETS FIT ALL HEADS

September 2009

INJURY PREVENTION TRAINING

Injury Prevention Daily  
Quick Drills - Easy Access  
to Training Topics

## Proper Techniques to Fit a Bike Helmet

### References:

#### Safe Kids

[www.usa.safekids.org](http://www.usa.safekids.org)

**Bicycle Helmet Safety  
Institute** [www.bhsi.org](http://www.bhsi.org)

**NC DOT Division of  
Bicycle and Pedestrian  
Safety**  
[www.ncdot.org/transit/bicycle](http://www.ncdot.org/transit/bicycle)

NC Child Bicycle Safety Act - Every person under 16 years old must wear an approved bicycle helmet when operating a bicycle on any public road, public bicycle path, or other public right-of-way. Studies show that helmets prevent 60 percent of head injury deaths and reduce the overall risk of head injuries by 85 percent.

1. Adjust the fit.
  - a. You want the helmet to be comfortably touching the head all the way around
  - b. Foam fitting pads should be added or removed to fit comfortably but snugly.
  - c. Helmet should sit level on the head, with the front just above the eyebrow
  - d. Stand facing a wall and the helmet should touch the wall but not the nose
2. Adjust the Straps
  - a. Put the helmet on and fasten the buckle.
  - b. The Y of the straps should meet just below the ear
  - c. The chin strap should be snug against the chin so that when you open your mouth very wide you feel the helmet pull down a little
3. Test the helmet
  - a. Have the rider put their palm on front of helmet and push up and back. Should not move more than one inch
  - b. Have the rider shake their head around. If helmet dislodges work on the strap adjustments
  - c. Move the helmet side to side and front to back, watching the skin around the rider's eyebrows. Skin should move slightly with the helmet. If not adjust pads or try smaller helmet
  - d. Ask the rider if the helmet is comfortable and make adjustments