



choosing the right helmet

**Tips for staying safe
and comfortable**

**BICYCLE
COALITION** OF MAINE



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Making Maine a better place to bicycle.

Developed with support from

Maine Bureau of Highway Safety



Wearing a helmet▶ Maine law requires all bicyclists under 16 years old to wear a helmet. **For bicyclists of all ages, a properly-fitted helmet can be your best protection** against head injury in the event of a fall or accident. Wearing a helmet makes sense in all conditions.

Buying a helmet▶ Select a style and size that is comfortable for you. **All new helmets with a 'CPSC' sticker have been tested to meet government crash standards and will provide comparable protection, regardless of cost.**

Damage to a helmet after a crash or fall isn't always easy to spot, so replace a helmet after any significant impact, even if it appears OK. It is also generally recommended that a helmet be replaced after 5 years, even if it has remained crash-free.

Fitting your helmet▶ Many children's helmets **can be adjusted** with sizing pads or rings for several years of use as your child grows. It's important to make sure your helmet fits properly. In a fall, a helmet that fits poorly will provide far less protection against injury than one that fits securely. Your helmet should fit snug and stay in place if you shake your head from side to side. Use sizing pads or universal ring (inside the helmet) to adjust. **If the helmet can't be adjusted for a firm fit, do not wear it!**

Your helmet should sit level and low on your forehead — about the width of **two fingers above your eyebrows.**



Center the buckle under your chin. Tighten the chin strap as necessary to achieve a comfortable, secure fit.

Adjust side straps so they form a V-shape on each side, below and just in front of your ears. Most **adjustments to the side straps can be made easily by taking the helmet off first.**

When adjusted, do the **Eyes, Ears and Mouth Test** to check for a good fit :

EYES - You should see the very edge of your helmet when you look up past your eyebrows.

EARS - The straps should meet right under your ear lobes to form a Y.

MOUTH - The strap should be loose enough so you can breathe and insert a finger between the buckle and your skin, but tight enough that if you drop your jaw (as in a yawn) you can feel the helmet pull down on the top of your head.