

# Wear Your Helmet the Right Way

--- Decorate the Helmet ---



Add stickers, glitter, etc., or simply color the helmet the way you like :)



**The  
Right  
Way**



**Too  
Far  
Back**



**Too  
Far  
Forward**

First put on your helmet so it is level and snug — if it slides around, you need to insert thicker pads.

- **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 insert no more than two fingers between the buckle and your skin. It should be tight enough that if you drop your jaw you can feel the helmet pull down on the top of your head.