

Helmet Fitting Tips

Bike Helmets & Multi-Sport Helmets



SCHOOL OF MEDICINE
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Helmet size is based on head size, not age. Please see instructions below on how to properly measure head size. Head shape can also affect sizing, so it is important to both measure and fit the helmet to help determine the right size. If your helmet sustains a fall or crash, replace the helmet to help ensure proper future protection.

TO MEASURE

1. Use a measuring tape strip with inches or centimeters.
2. Start measuring tape strip above the eyebrow and wrap around head until the two sides of the tape meet.
3. Write down on a piece of paper the distance around the head in inches. Use this measurement to identify the appropriate helmet size, which typically is listed in “inches” or “centimeters” on the bike helmet.

TO FIT

1. Place the helmet on the head and buckle and tighten the chinstrap.
2. Gently lift the back of the helmet up. The helmet should not move up and forward. If the helmet moves:
 - a. Tighten the back strap.
 - b. Make sure the chinstrap is snug (no more than 1 finger should fit between the strap and the chin).
 - c. Adjust the padding thickness and/or position—especially in the front.
3. Put a hand on each side of the helmet and rock from side to side. Have the person shake their head “no” as hard as possible. The helmet should not move from side to side. If the helmet moves:
 - a. Check the padding thickness on the sides.
 - b. Make sure the strap is evenly adjusted.
4. Have them open their lower jaw as wide as possible without moving their head. The top of the helmet should pull down. If the helmet does not pull down when they open their mouth:
 - c. Tighten the chinstrap.
 - d. Make sure the front and back strap junction (the “V”) lies under each ear.
5. Check to see where the front edge of the helmet covers the forehead. The front edge of the helmet should not be more than two or three fingers’ width above their brow. If the helmet does not cover the forehead properly:
 - e. Position the helmet no more than two or three fingers’ width above the brow.
 - f. Tighten any loose straps.
 - g. Make strap adjustments so the helmet stays over the forehead.

EACH TIME YOU PUT ON A HELMET

1. Place helmet on head so the front of the helmet is level with the ground. Helmet should rest just above the eyebrows.
2. Straps should form a “V” around ears. Place fingers around ears to check.
3. Secure buckle so that there is no more than 1 finger fits between the strap and face—the strap should be snug.