

## Bicycle Safety

### *Fitting Your Helmet*

**Bicycle helmets** must be properly selected and fitted to protect your brain in the event of a crash. A loose-fitting helmet that moves out of position or comes off will not provide protection. The **Eyes-Ears-Mouth** test is a simple way to ensure your helmet properly fits. *Think First*, and always follow these easy steps before riding!

**1. Eyes:** Put on your helmet. Look up. Can you see the bottom rim of the helmet? No more than one or two fingers should fit between the bottom of your helmet and your eyebrows.



**2. Ears:** Do your helmet straps form a “V” under your ears? The bottom of the “V” should be just under and slightly in front of the ear, not hanging below. Check to see that your helmet is level on your head. If your helmet sits too far back, showing a lot of forehead, shorten the front straps. If your helmet sits too far forward, shorten the back straps.



**3. Mouth:** Open your mouth wide. Does your helmet pull down on the top of your head? If so, your helmet fits snug, as it should. If not, tighten the straps so your helmet pulls down on your head when you open your mouth.



Always check the fit of your helmet prior to riding your bicycle. Your helmet should be snug, but not too tight. Only one finger should fit between your chin and the chin strap. With dial helmets, adjust the dial for a snug fit. Now you are ready to ride!

*Wear the right helmet when using any equipment that moves you faster than your own feet: bicycles, scooters, skateboards, hoverboards, skates, skis, snowboards— be safe on them all!*