

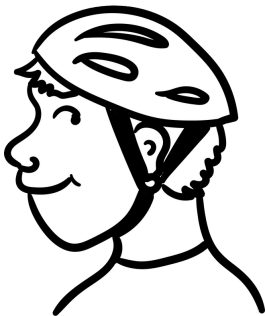
DOES YOUR HELMET FIT PROPERLY?

TAKE THE HELMET FIT TEST



EYES

Put the helmet on your head. Look up. You should see the bottom rim of the helmet.



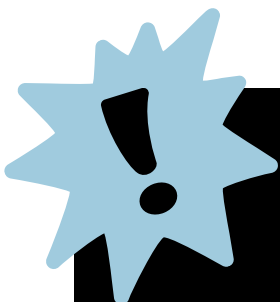
EARS

Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight, but comfortable.



MOUTH

Put two fingers under your chinstrap and open your mouth. Does the helmet tug on your ears? If not, tighten the straps.



In addition to a proper fit, stay safe by getting a new helmet every 2-5 years or in the event of a crash or impact.

