

TIP OF THE WEEK # 3

🚲 Helmet Hints

Wear your helmet every time you ride, but please wear it right, too. Start with the right basic size, from 'extra small' to 'extra large' – this does not necessarily conform to your height or girth.

The helmet should sit square on your head with the brow low and just above your eyes.. Use the sticky pads provided to get the fit firm and comfortable. Set the side straps by pulling or pushing them through the clips below your ears to keep the helmet horizontal. Fasten the chin strap just below your chin. If the bicycle helmet doesn't feel snug, use the foam sizing pads that came with the helmet to get a better fit. The helmet shouldn't rock from front to back or side to side.

If you can't seem to adjust the helmet correctly, reread the owner's manual, or ask friends, or visit a shop and ask for expert help. A helmet worn wrong will not protect you in a crash. Keep in mind, too, that helmets wear with age. You should get a new one at least every five years. And any helmet that's been crashed should be replaced (they're designed for only one impact).



The helmet on the left is tilted forward, leaving the back of the head vulnerable to the force of a crash. The helmet on the right is tilted backward, leaving the front and side of the head vulnerable. Avoid these common mistakes by tightening the chin strap or using a smaller helmet, if necessary.



Bike helmet worn correctly