

DON'T FORGET TO Check Your Helmet

Is It Adjustable For Head Size?

- Turn your helmet upside down
- Look inside to see if the helmet can be adjusted so it fits snugly on your head.
- If your helmet is not adjustable it will only fit one size of head diameter
- Look for an adjustable dial called a retention system



Is It Too Big?

- Place your helmet on your head and keep straps unbuckled.
- Shake your head front to back and side to side.
- Helmet should not move front to back or side to side.
- If there is movement and no adjustable dial, your helmet is too big.



Is It Too Small?

- Place your helmet on your head and keep straps unbuckled.
- Check that there is no more than a two-finger gap between eyebrows and the front part of the helmet.
- If the helmet sits too high on your head then the helmet is too small.

