



Helmet Fitting Tips from... **Parkview EMS**



Sizing Guide

Proper Fit is #1. Measure the circumference of your head an inch above the ear at the top of the eyebrow for approximate size. Try the helmet on to ensure it fits your head comfortable without rocking to the side. Sizing pads can be used to adjust the fit to different head shapes. Mix or match the sizing pads to get the best fit. The helmets should sit level on the head so that the forehead is covered down to just above the eyebrow - this is called "the halo effect".

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make the adjustments. Adjust the slider on both straps to form a "V" shape under, and slightly in front of the ears. Roll the rubber band towards the slider. Buckle up! Starting loose, while holding the buckle, pull the strap tight. No more than one finger should fit under the strap. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

Helmet Fit Test

Open your mouth wide....like a big yawn. The helmet should pull down on the head. Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap and test again. Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap and test again. You should not get movement when you push/pull your helmet forwards, backwards, or from side to side. Keep making adjustments until you have a nice snug fit.

Sizing Chart/ Inches

BIKE HELMETS

Toddler - 18 to 20 1/2
Small – 19 1/2 to 21 1/4
Medium – 21 1/4 to 23
Large - 23 to 24 1/2
X-Large – 23 1/4 to 25

MULTI-SPORT HELMETS

Small – 21 1/4" to 22"
Medium – 22" to 23"
Large – 23" to 23 1/2"



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