

Helmet Tips for Safe and Fun Outdoor Play



To ensure a properly fitted helmet, make sure:

- It's the right size
- It fits snugly and firmly on the head
- The straps are snug underneath the chin, yet allow room for the mouth to open

Here's how:

- 1.** To determine the correct helmet size, use a tape measure to figure out the circumference of your child's head. Measure around the head about one to two fingers' width above the eyebrow. Use the measurement to choose the best fit based on the sizing chart provided by the helmet manufacturer.



- 2.** Make sure the helmet is seated flat on the head with the front of the helmet resting one to two fingers' width above the eyebrows.



3. The strap's two pieces should form a "v" around the ear, with the front strap in front of the ear and the back strap behind the ear.



4. When the strap is buckled underneath the chin, it should have just enough room for one to two fingers to fit between the strap and the chin.



5. When your child opens his/her mouth, it's OK if the helmet tilts slightly forward, but the helmet shouldn't move around too much.



**Go outside, grab your helmet,
play hard, and be safe!**