



Bicycle Helmet Fitting

Before heading out on your bike, it's important that you and children are properly fitted with helmets. Each year, bicyclists sustain serious head injuries from not wearing a helmet or from one that is poorly fitted. A significant number of these injuries occur when the rider makes contact with a curb, large pothole, gravel, sewer grates, or motor vehicle and is thrown from the bike.

Components of a *properly* fitting bicycle helmet

1. The helmet should sit firmly – but not overly tight – on the head. The bottom border of your helmet should be between one and two finger widths from your eyebrows.



2. Helmet straps should fit comfortably in front, below and behind the ear.



3. The back of the helmet should sit just above the occipital lobe (large bump on the bottom of the skull).



4. The chinstrap of the helmet should be snug, but have enough room to allow one to two fingers to fit between the strap and the underside of the chin.

After adjusting the helmet so that a proper fit is achieved, nod your head forward, to the side and backward with moderate force to inspect how much movement occurs between your head and the helmet.



Components of a *poorly* fitting bicycle helmet

1. The helmet should never tilt back far enough to expose the forehead. If the helmet exposes the forehead, imagine how much it would shift forward or backward when the rider is thrown from a bike!



2. Eliminate any significant room between the chinstrap and underside of the chin.



3. Never wear a helmet over a baseball cap. For sun protection, many helmets on the market today have visors attached or include an option for attaching a helmet visor.



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