

# Fitting a Bike Helmet



1. Place the helmet **square on the head** so it is snug and covers a large portion of the forehead.

2. Adjust the side and chin straps so when buckled, the **helmet does not move from side to side** or slide back on the forehead.

3. **One finger should fit between the chin and chin strap.** Any more than that and the helmet is too loose.



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