

HOW TO FIT A BICYCLE HELMET

1. MEASURE THE CIRCUMFERENCE OF THE HEAD 1 INCH ABOVE THE EYEBROWS. SELECT THE APPROPRIATE HELMET SIZE BASED ON THE MEASUREMENT.
2. PLACE THE HELMET SO THAT IT IS PARALLEL WITH THE FLOOR, COVERING THE FOREHEAD AND THE BACK OF THE HEAD EVENLY.
3. ADJUST THE SIDE STRAPS SO THAT THEY FORM A V JUST BELOW THE EAR.
4. ADJUST THE CHIN STRAP SO THAT THE HELMET FITS SECURELY (SHOULD BE ENOUGH ROOM TO SLIDE ONE FINGER BETWEEN STRAP AND UNDER THE CHIN, BUT NOT TWO)
5. IF THE HELMET FEELS SNUG, EVEN WHEN YOU SHAKE YOUR HEAD, THEN YOU'RE DONE!