

How to Determine Bike Helmet Size

Use a head measurement. Do not estimate by age.

How to measure the head:

- Use a soft measuring tape to measure the head about one inch above the eyebrows and above the ears around the largest part of the back of the head.
- Measure over hair. Hair needs to be down or in very low ponytails. Hair should not be in high ponytails or other up styles. Get hair as flat on head as possible.



Does your helmet fit properly? **Take the Helmet Fit Test!**

1



EYES: Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

There should only be one to two fingers width from the top of the brow to the bottom rim of the helmet.

2



EARS: Make sure the straps form a “V” under your ears when buckled. The straps should be a little tight but comfortable.

3



MOUTH: Open your mouth as wide as you can. Is the helmet snug? If not, tighten the straps.

OR

CHIN: There should be two fingers flat under your chin between you and the strap.

Learn more at: www.aspirus.org/bicycle-safety

Led by:

