



# Fitting a Bicycle Helmet

When it comes to fitting a bike helmet, remember the **two-finger rule**:



## Two fingers above your eyebrows.

Place two fingers flat on your forehead just above your eyebrows. The front rim of your helmet should sit above your fingers. Your helmet should sit level, straight, and flat on your head.



## Two-finger V at your ears.

Using two fingers, form a V around your ear. Adjust your helmet straps to follow the same path as your fingers. Do this for both ears.



## Two fingers under your chin.

When your helmet straps are fastened, you should be able to fit just two fingers between the straps and your chin. Tighten or loosen the straps as needed so your helmet feels snug but not too tight.

## Remember

Never buy a helmet to grow into — wear a helmet that fits now.  
Wearing a properly fitted bicycle helmet can prevent serious injuries.

