

Helmet check

How to correctly fit a bike helmet



2

Two fingers
above your eyebrows to
the bottom of your helmet



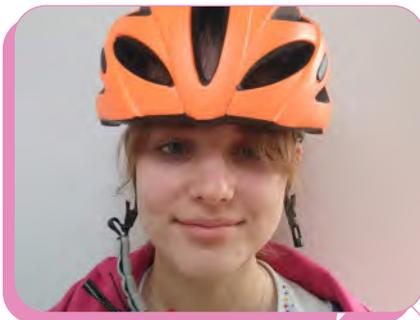
4

Four fingers
to make a V-shape around
the bottom of your ears

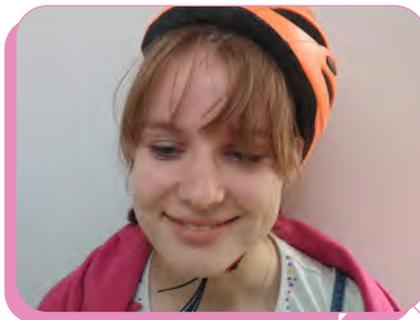


1

One finger
under the strap
beneath your chin



Helmet straps not clipped



Helmet too far back
and to the side



Helmet tilted forward