



# 5 tips for helmet safety



**1** The front edge of the helmet should be **two finger widths above the eyebrows**. If it's too far forward, the helmet could block your vision; if it's too far back, you might not be protected properly.

**2** The helmet should be **snug** and not slide around once it's put in place. Try adjusting the straps.



**3** The front and back straps should **form a V** just below the ear.

**4** The **front straps** should be vertical and slightly in front of the ears. The **rear straps** should be more horizontal and behind the ear.



**5** When you open your mouth, the chin strap should be snug. When your mouth is closed, **one finger** should be able to fit between your chin and the chin strap.