

Fitting a helmet

Staying safe



How to fit a cycle helmet

Helmets are designed to reduce the impact of head injuries if a person falls or collides while cycling or scooting. Wearing a helmet is a personal choice for adults, and for parents to make that choice for their children. If you wear one, ensure it is fitted correctly for maximum protection.

A step-by-step guide

Position

The helmet should sit level on your head, just above your eyebrows. Aim for one to two finger-widths above these.

Side straps

Adjust the clip on both side straps to form a comfortable “v” shape under each ear. Ensure the straps are not twisted and sit flat against the skin.

Chin strap

The chin strap should be comfortable and tight enough to avoid cutting off the circulation. One to two fingers between the skin and strap is ideal. For optimal comfort, adjust the buckle to a central position.

Adjustable wheel

Most models have a ratchet wheel to prevent them from sliding around as you ride. Turn the wheel clockwise to tighten against your head, and anticlockwise to loosen before removing it. Many helmets accommodate longer hair and allow a ponytail to be pushed through the back area.

Final checks before you ride

Low, level and snug: Look in a mirror or ask a friend to check the helmet is sitting correctly and protecting your head.

Give it a wiggle: Straps tend to loosen every time you ride. If the helmet is loose, pull the chin strap to tighten again.

Did you know?



Health benefits of physical activity outweigh risks of injuries associated with cycling



Improved safety records are attributed to a network of well-connected, high grade infrastructure and public awareness¹



Correct helmet fitting.

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