

HELMET SAFETY CHECK LIST

- Your helmet should sit snugly on your head but not so tightly that it's uncomfortable.
- The front of the helmet should sit only one or two fingers above your eyebrows. If the helmet is tipped back, it won't protect your forehead.
- The side straps should make a "Y" around your ears.
- Use the "two-finger rule" to fit your chin strap. The buckle should be centered under your chin.
- Tighten it so you can fit only a finger or two between it and your chin.