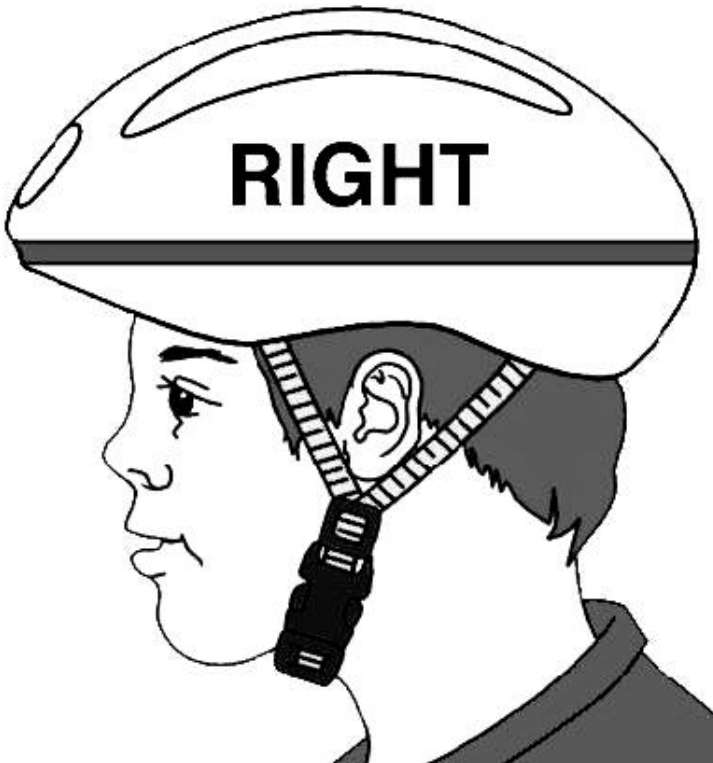


Quick Helmet Check: “Eyes, Ears and Mouth”

Use this easy 3-point check as a quick way to test for a proper helmet fit.



1. Eyes

Helmet sits level on your child's head and rests low on the forehead, 1 to 2 finger widths above the eyebrow. Your child should be able to see the very edge of her helmet looking up past her eyebrows. A helmet pushed up too high will not protect the face or head well in a fall or crash.

2. Ears

The straps are even and form a “Y” under the earlobe (where the earlobe meets the head) and are snug against the head.

3. Mouth

The buckled chin strap is loose enough so that your child can breathe. There should be enough room so you can insert a finger between the buckle and chin, but tight enough that if your child opens his mouth, you can feel the helmet pull down on top.

Make sure your helmet is approved by a standards organization such as CSA.