



The proper helmet fit

There are so many different helmet designs available that it can be hard to know which one to choose. It's simple. The helmet that fits best and the design that your teenager likes, is the one to buy. If it doesn't look good – they won't wear it!

Will it protect your child's head?

In Australia, bike helmets must meet safety standards. Check that the helmet you are going to buy has an AS2063 or AS/NZS 2063 label. If it doesn't – don't buy it. Your child's safety is too important.



Tip for parents

You can use the Velcro pads that manufacturers provide to give a snugger fit but if these don't work, try another design or size.

Check the helmet fits

The helmet you buy must fit your child's head and be worn correctly or it will not offer the protection that it was designed to do.

1. **Size** – measure your child's head to find the right size. Have your child try on several helmets in their size until one feels right. Now put the helmet level on your child's head and adjust the sizing pads until the helmet is snug. It should be sitting about two finger widths above their eyebrows.
2. **Side straps** – adjust the slider on both straps to form a 'V' shape under, and slightly in front of, the ears. Lock the slider if possible.
3. **Buckles** - center the left buckle under their chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.
4. **Chin strap** – buckle the chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.
5. **Does the helmet fit right?**
 - Have your child open their mouth wide... big yawn. The helmet should pull down on their head. If not, go back and tighten the chin strap.
 - Does the helmet rock back more than two fingers above the eyebrows? If yes, unbuckle and shorten the front strap by moving the slider forward. Buckle and re-tighten the chin strap and test again.
 - Does the helmet rock over your child's eyes? If yes, unbuckle and tighten the back strap by moving the slider back toward the ear. Buckle and re-tighten the chin strap and test again.



Fragile Goods

