

## Bicycle Helmet Checklist

<b>Before you purchase a helmet</b>	✓
Check to see that the helmet meets safety standards. A sticker on the packaging from a safety group will give you this information (SCA, SPSC, Snell, B-95 or N-94). All helmets made in the U.S. should meet the U.S. Consumer Product Safety Commission's standards.	
Fit the helmet to your head properly. Some helmets come with pads or a "fit ring" to help it fit properly.	
If the helmet isn't new, check to make sure that there are no cracks.	
<b>How to tell if the helmet is fitting properly</b>	✓
The helmet must sit level (flat) on your head. It should not tilt forward or backward.	
The front of the helmet should be one or two finger widths above your eyebrows.	
The straps should form a V on each side of your ears.	
The straps should lay flat against your head.	
The straps should buckle under your chin and you should be able to fit one finger between the strap and your chin.	
You should be able to breathe easily when the strap is buckled.	
With the helmet buckled, when you open your mouth, you should see the helmet move.	
When fitting the helmet keep adjusting the straps until it fits your head properly.	
<b>If the helmet doesn't meet all the above safety guidelines, look for a helmet that fits you better.</b>	

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