

Living Safely

with disabilities and special health needs

How to Put on a Bicycle Helmet

A bicycle helmet needs to fit on your head correctly to protect your head from getting hurt or injured.

1. First check to see if the helmet is the right size. Place the helmet on top of your head in a level position. The helmet should not move forward, backward, or side to side.
2. After the helmet is on your head, look up. You should see the bottom rim of the helmet. Then place one or two fingers above your eyebrows. The rim of the helmet should just touch your fingers.
3. It is important to buckle the straps every time you use a bicycle helmet. The straps should fit around your face and neck securely and comfortably, but not tightly. To check the straps, place them flat against your skin and then fasten the buckle under your chin.
4. Open your mouth as wide as you can. You should feel the helmet hug your head. If not, tighten the straps and repeat again.

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from Safe Kids Worldwide (www.safekids.org) and the National Highway Traffic Safety Association (www.nhtsa.gov).

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