

BIKE HELMET INSPECTION CHECK LIST

Check every item on this list. Make all corrections. Be sure to discuss with person being fitted and explain reasons for each item.

- Nothing is between helmet and head (no hats, pony tails, beads, etc.)
- Helmet on properly – front of helmet over forehead
- Helmet is sound – Styrofoam intact

- Helmet fits snugly, doesn't move around
- Helmet midway on forehead, doesn't rest on top of head

(If either of the two above, check to see if pads can be changed to give proper fit before recommending new helmet.)

- Brim of helmet no more than 2 fingers above eyebrow
- Helmet not tilted back
- All pads are in place.

- Straps form a "V" under the ear and are snug to prevent slippage; buckle is right below the ear
- Strap in front tight to keep brim in place
- Strap in back tight to keep back in place
- Straps are not twisted
- Strap is snug under the chin, no more than one finger between chin and strap

Questions? Call us at 717-766-1616 or 1- 800-822-2358



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