The Correct Way
To fit Your Helmet

To watch a video demonstrating how to fit a helmet go to
www.cityofmadison.com/transp/bicycle.html

Step 1  CHECKING YOUR HELMET

• Is the helmet facing the right way?
The brand name should be in front
and the longer part should be in back.

• Is the helmet in the proper position:
one or two finger widths above your
eyebrows and level with the ground?

• Does the helmet move less than an
inch when you push it back and forth
or side-to-side?

If you can answer YES to ALL of these questions, congratulations, your helmet fits properly.
If not, follow instructions below to ensure a proper fit.

Step 2  ADJUSTING YOUR HELMET

• Use pads provided by
manufacturer or adjust
the band inside to
ensure a snug fit.

• Fasten the buckle
leaving a finger’s
width between your
chin and chin strap.

• Adjust the straps so
they form a Y just
below your ear.
Shorten the front strap
if necessary to ensure
the helmet covers your
forehead.

• This is what your
helmet should look
like when you are
done.

Prepared by the Madison Department of Transportation