

## Fitting Your Bicycle Helmet



**Step 1** - Position helmet on your head so that there are 2 fingers of space from your eyebrow to the edge of the helmet.



**Step 2** - Adjust straps so that the side of the "V" is just below your ears.



**Step 3** - Tighten strap to allow for just 2 fingers to slide between chin and clasp. Yawn-open your mouth wide! The helmet should pull down on your forehead.



**Step 4** - Final adjustment. Helmet should be snug, low and level.

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