

## BIKE HELMET FITTING



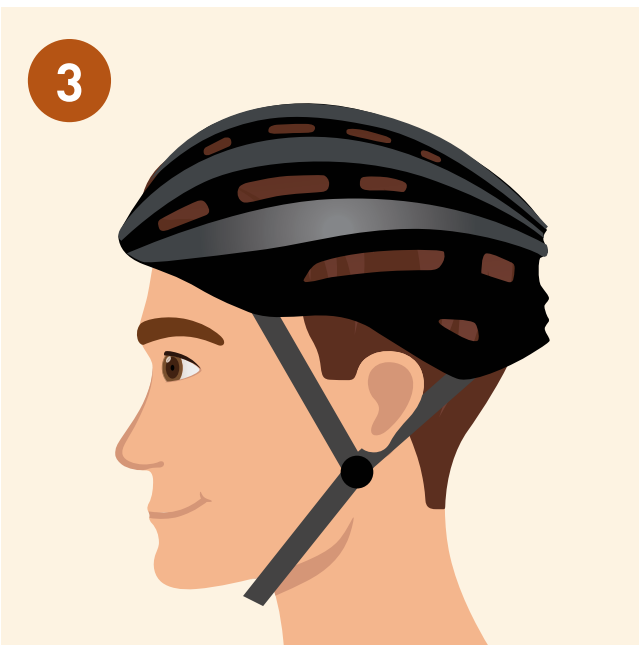
**1**

**Position the helmet** so that it protects your forehead. (1-2 fingers above your eyebrows).



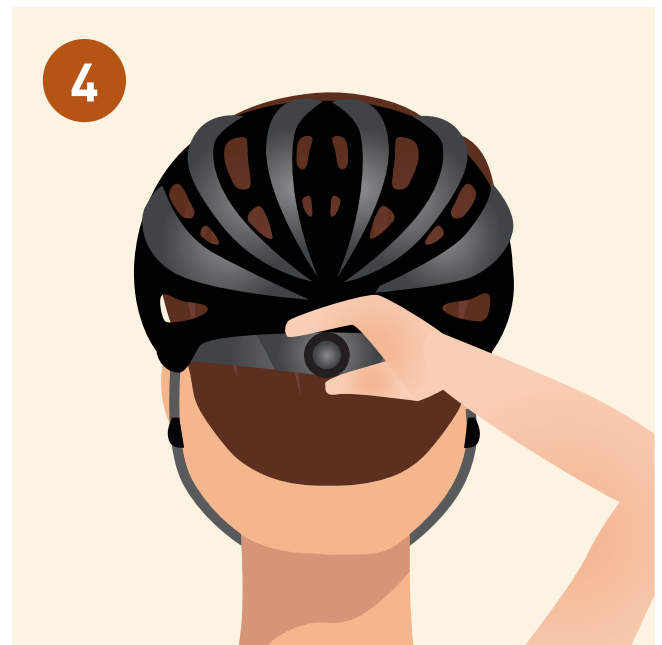
**2**

**Fasten the clip** on the strap under your chin. Then tighten the strap so you can still fit one finger between it and your chin to ensure it isn't too tight.



**3**

**Slide the plastic clips** on each side of the strap upwards so the strap forms a triangle just below your ears.



**4**

**Use the rear adjuster** to ensure a snug, comfortable fit. Your helmet should touch on all sides and not slide forwards, backwards or from side-to-side.