

# Helmet check

## How to correctly fit a bike helmet



2

**Two fingers**  
above your eyebrows to  
the bottom of your helmet



4

**Four fingers**  
to make a V-shape around  
the bottom of your ears



1

**One finger**  
under the strap  
beneath your chin



Helmet straps not clipped



Helmet too far back  
and to the side



Helmet tilted forward