

TTIPS VOL. 1/23 – INSIGHTS/SAFETY YOUR HELMET AND YOUR HEAD

In TTIPS Volume 9/22 we addressed helmet selection and proper helmet "fit." Even if you selected a helmet with proper fit, you still must wear the helmet correctly during your rides to ensure that the helmet offers best protection against head injuries. One of our Safety and Education team members recently noticed that some of our KABC riders could use a reminder on how to properly wear and secure a bike helmet. Please take a look at the following guide, and compare the information to your helmet habits. Are you doing it correctly? If not, you may be subjecting yourself to sub-optimum protection.

A bicycle helmet serves as protective equipment. It's potentially lifesaving, but only if it's worn correctly. Wearing a helmet improperly is the same as not wearing one at all.

For fitting a helmet:

- 1 TWO-FINGERS WIDTH BETWEEN EYEBROWS AND HELMET**
- 2 SIDE STRAPS MAKE A "Y" BELOW THE EAR**
- 3 LESS THAN 1/2" BETWEEN YOUR CHIN AND THE STRAP**

