

## HELMET FITTING TIPS!



### i) Check the outer shell

- Look for damage or cracks



### ii) Check the inner shell

- Look for damage or cracks



### iii) Check straps & fasteners

- Look for frayed or torn straps
- Check for broken buckles
- Fasten tightly under chin



### iv) Check the fit is correct

- Fit 2 fingers above bridge of nose
- Straps should be tight and free of twists
- Side straps form a 'V' shape with point just under ear lobe
- Helmet does not move when hand is on top