

How do I make sure a bike helmet fits properly?

Proper fit is essential because the helmet's performance can be compromised if the helmet doesn't fit properly. Getting a proper fit is easy if you follow the steps outlined below, or [in this video](#).

Determine Your Size

To determine the correct size, you should measure the circumference of the head. To do this, just wrap a measuring tape around the head, keeping the tape just above the ears and level front to back. Once you've determined the correct measurement, you can select a helmet in the correct size or size range.

Put the Helmet On

Start by putting the helmets on and checking to make sure the helmet fits comfortably and securely. Helmets with a fit/stability system should fit with just a little room between your head and the headband when the fit system is loose. If it does not, you should replace it with one that does. Helmets without a fit system (pads only, such as a full-face helmet) should fit snugly but comfortably.

Once on and adjusted, a helmet should fit snugly on the wearer's head, so that the skin on the forehead moves slightly when the helmet is moved back and forth. It should not cause a headache or be uncomfortably tight.

You should always wear the helmet positioned low enough in the front to protect your forehead, but not so low that it hinders your vision. A space of approximately 1 inch/2.5cm between the edge of the helmet and your brow is a good reference.

Adjust the Fit/Stabilizing System

For safety reasons, we recommend that you do not attempt to adjust the fit of a helmet while you are riding.

To adjust the fit tension of the fit/stabilizing system while the helmet is on the wearer's head, simply rotate the dial adjuster on the back of the system to tighten or loosen the fit as needed. You can adjust the fit even more on helmets with systems that offer height adjustment, which allows the helmet's fore/aft tilt to be optimized. Simply move the system's occipital pads (at the back of the helmet) up or down for comfort and best coverage. Experiment until you get a fit that is most comfortable.

Adjust the Straps at the Ears

With a proper fit, the front and rear straps should join at a point slightly below the ears. To adjust the strap positioning, open the adjusters on the straps around the ears, put the helmet on and slide the

straps through the adjusters until they are located comfortably under the ears. Make sure there is no slack in any of the straps. Finally, make sure the adjusters are secured.

Adjust the Helmet's Chinstrap and Buckle

Fasten the chinstrap buckle and tighten the straps until the helmet fits snugly. How snugly? You should be able to open your mouth wide enough to eat. Make sure the chinstrap is well back against the throat, NOT on the point of the chin. Straps worn on the point of the chin increase the chance of a helmet coming off in an accident. Make sure the loose ends of the strap pass through the rubber O-ring near the buckle. If it does not, the strap may slide loose and the helmet can come off accidentally. Always wear the helmet with the chinstrap buckle fastened and the strap pulled tight.

Check for Proper Fit

Once you think a proper fit has been achieved, grab the helmet with both hands and twist lightly it to the left and right. If the helmet fits properly, the skin on the forehead will move as the helmet moves. If it does not, the helmet is too loose.

Next, grab the helmet with both hands and try to remove it by rolling the helmet forward and backward. **THIS IS IMPORTANT.** If you can roll it off the head completely, roll it forward so far that it blocks vision, or backward far enough to expose the forehead, it doesn't fit correctly. If you cannot adjust the helmet to fit properly according to these instructions, **DO NOT USE THE HELMET.** Replace it with a different size or model.

Once you are satisfied that the helmet fits correctly and that all straps are properly adjusted, take a short test ride. Make any minor adjustments to improve comfort and stability. If you have questions about fit, contact us at www.giro.com/Contact-Us.