

# The Helmet Fit Test

## 1 Eyes



You should see the bottom rim of the helmet when you look up.

## 2 Ears



Straps should form a 'V' under your ears when buckled.

## 3 Mouth



Helmet should hug your head when you open your mouth wide.

Children imitate adults - set a good example by wearing your helmet on every ride.



Maryland  
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