

The Five-Step Helmet Fit Test

STEP	PROBLEM	SOLUTION
1. Press or push front of helmet with heel of hand.	Helmet moves back to uncover the forehead.	Tighten front strap. Also, adjust padding thickness and/or position, especially in back. Make sure chinstrap is snug. If this doesn't work, the helmet may be too big.
2. Repeat step 1.	Helmet moves forward to cover the eyes.	Tighten back strap. Make sure chinstrap is snug. Also, adjust padding thickness and/or position, especially in front.
3. Put a hand on each side of the helmet and rock from side to side. Shake your head "no" as hard as possible.	Helmet slips from side to side.	Check padding on sides and make sure straps are evenly adjusted.
4. Open your mouth (lower jaw) as wide as possible, without moving your head. The top of your helmet should pull down.	Helmet does not pull down when opening your mouth.	Tighten chinstrap. Make sure the front and back strap junction is under each ear.
5. Check to see if the front edge of the helmet covers your forehead. The front edge of the helmet should not be more than one to two finger-widths above your eyebrows.	Helmet does not cover the forehead.	Position helmet no more than one to two finger-widths above eyebrows. Tighten any loose straps. Make adjustments so the helmet stays over the forehead.

Resources: Where can I get more information?

The Kaiser Permanente Resource Line can provide information on a variety of health topics. Call weekdays from 9 a.m. to 4 p.m. at 206-326-2800 or toll free 1-800-992-2279.

Visit the Kaiser Permanente website at kp.org/wa and check our Health and Wellness Resources section for more health information.

How to keep your child
Safe on Wheels



CPSC-approved bicycle helmets
help save lives and prevent injury.

Safety standards for bicycle helmets

Since 1999, all bicycle helmets made in the United States or imported into the United States must meet the U.S. Consumer Product Safety Commission (CPSC) standards. In the past, bicycle helmets have met one or more voluntary safety standards. When buying a helmet, you need only look for a label that says the helmet meets the CPSC safety standard.

The CPSC label ensures that:

- The bicycle helmet provides excellent head protection.
- The chinstraps are strong enough to keep the helmet on and in place during a fall or collision.

Why are bicycle helmets so important?

Wearing a helmet can save your child's life. Most deaths related to bicycle falls and collisions involve head injuries. Bicycle helmets reduce the risk of head injury by up to 85 percent.

More children ages 5 to 14 go to emergency rooms for injuries caused by bicycle riding than with any other sport. Many of these injuries involve the head. If your child does not wear a bicycle helmet, they are risking their life.

Many states, including Washington, have laws requiring bicycle helmet use. Contact your local Department of Transportation for information about the helmet law in your area.

Will the CPSC bicycle helmet safety standard protect young children?

Young children on bicycles suffer more head injuries than older bicyclists. Under CPSC's new standard, bicycle helmets for children ages 1 to 5 cover a larger portion of the head than helmets for older persons, thereby providing additional protection.

All young children should wear a bicycle helmet, whether they are riding a bicycle, tricycle, or are a passenger on a parent's bicycle.

Do I need to replace my old helmet right away?

If your child has a bicycle helmet that meets one or more of the voluntary bicycle helmet standards like ASTM, Snell, or ANSI, you do not need to buy a new helmet. These bicycle helmets provide enough protection.

When you replace a helmet because it is outgrown or damaged, buy a new one that meets the CPSC safety standard.

How can I tell if my child's bicycle helmet fits properly?

- The helmet should be level from front to back and sit no more than one or two finger widths above the eyebrows.
- It should be worn so that it is level on the head (not tilted back on the crown or pulled low over the forehead).

- The helmet should not be able to move in any direction, back-to-front or side-to-side.
- The chinstrap should be securely fastened.

Test the helmet by doing The Five-Step Helmet Fit Test outlined in this pamphlet.

What can I do if my child has trouble fitting the bicycle helmet?

Make sure you have the proper size helmet for your child's head. Try the sizing pads included in the helmet box. Properly fitting a bicycle helmet takes time, but it is worth the effort. If the helmet does not fit properly, it will not protect your child's head if they fall or have a collision. If you have trouble, ask a knowledgeable salesperson to help you.

Will bicycle helmets protect my child when they play other sports?

Bicycle helmets offer head protection for other sports such as inline skating, skateboarding, roller-skating, riding a scooter, skiing, and snowboarding. In addition, wrist guards, knee pads, and elbow pads are also recommended for several of these sports.

Those who skateboard or skate more aggressively (trick or freestyle) may want to look for helmets sold specifically for these activities and meet safety standards for these sports. These helmets cover more of the head, especially in the back.

If your child is going to play or climb on playground equipment, be sure to remove his or her helmet first. The helmet straps can get caught and cause injury.

