

A guide to correctly fitting a helmet

Always wear a helmet when you ride or skate



Can you place just two fingers between your eyebrows and your helmet?



Can you fit just two fingers between the helmet strap and your chin?



Do the straps join in a 'V' just below your ears?



Has an adult checked your helmet?

NSW Centre for Road Safety, Transport for NSW: [Information for parents and carers about safety on wheels: The law and safety advice for bicycles, foot scooters, skateboards and rollerblades](#)