

Get moving. Stay Safe. Wear a Helmet.

Fit Is Important

*Select the correct size helmets
for your event.*

FIT

HELMET SIZING CHART

TODDLER	FITS 2-4 YEARS	18" TO 19 3/4"
SMALL	FITS 4-6 YEARS	19 3/4" TO 22"
MEDIUM	FITS 6-12 YEARS	21 3/4" TO 22 3/4"
LARGE	FITS 12+ YEARS	22 3/4" TO 24 1/2"
EXTRA LARGE	FITS 14+ YEARS	23 1/4" TO 25 1/2"

- ▶ The helmet should fit level on top of the head.
- ▶ The front of the helmet should cover the forehead, approximately one inch above the eyebrows.
- ▶ Adjust the straps and the turn ring (at the back) to secure the helmet. No more than one finger should fit between the chin and the straps.
- ▶ Test the fit by pushing the helmet with your hand. If it shifts or slides with a simple push, readjust the straps, or use the helmet pads to make it fit snugly.
- ▶ If adjusting the straps doesn't work, the helmet may be too large.



Hard Hats for Little Heads
Physicians Caring for Texans