



Choosing and fitting helmets

When it's time to buy your child a bicycle helmet there are several things you need to know.

- All bicycle helmets sold in Australia are tested for their safety. If a bicycle helmet meets the safety standard it will display an AS/NZS 2063 sticker. It is essential to buy a helmet that is the correct fit. Do not buy a helmet for a child to 'grow into'. A helmet that does not fit correctly is unsafe as it may move or slip off in a fall or crash.
- Bicycle helmets come in a variety of shapes, sizes and colours. Some shapes will fit different heads better than others. Let your child choose their helmet as they will be more likely to wear it.



Wearing a well-fitting helmet greatly reduces the severity of head injury. It's also the law. Here are some tips on getting the fit right.

- Carefully measure your child's head using a tape measure. The tape measure should sit just above their eyes and ears.
- Check the helmet sizes listed on the display boxes. Find a helmet that best suits your child's head measurement. Check the helmet is lightweight – not too heavy for your child's head and neck to carry.
- Place the helmet on your child's head checking that it fits snugly – not too tight or too loose.
- After closing the buckle with a click, adjust the straps so the helmet is securely fastened with only enough room for two fingers to be inserted between the chin and strap. It should sit straight on your child's head and just above the eyebrows.
- Place your palm under the front of the helmet and push up and back. The helmet should not move forward. If there is slight amount of movement the pads provided by manufacturers can be attached to the inside of the helmet. Use the thicker pads to get a snug fit then as your child grows replace these with the thinner pads. If you find the pads do not give a snug fit, try another helmet design as model can vary.
- Check the bicycle helmet has been approved and is displaying the Australian Standards AS/NZS 2063 sticker.

If you've ticked all of the above – you're set to go!



Thank you for playing a vital role in your child's road safety education.