

IS YOUR HELMET FITTED PROPERLY?



POSITION

The helmet should sit level on your head, with two finger widths space between your eyebrows and the helmet.



BUCKLES

Centre the main helmet buckle under your chin. You may need to lengthen or shorten the chin straps. This task is easier if you take the helmet off.



SIDE STRAPS

Adjust the slider on both sides to form a "V" shape under, and slightly in front of your ear. Lock them off.



CHIN STRAP

Buckle your chin strap. Tighten the strap until your helmet is snug. No more than one to two fingers should fit under the chin strap.



FINAL FITTING

Open your mouth wide....big yawn! The helmet should pull down on your head. If not, go back to step 4 and tighten chin strap.



**Queensland
Government**

Proudly supported by the Queensland Government

