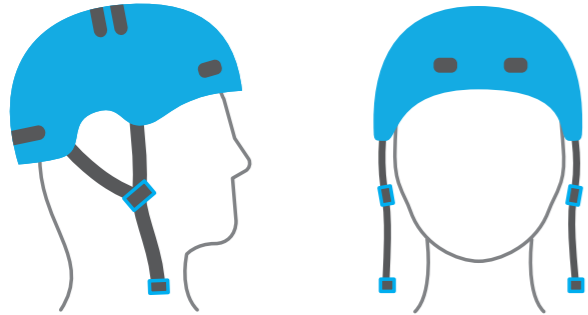
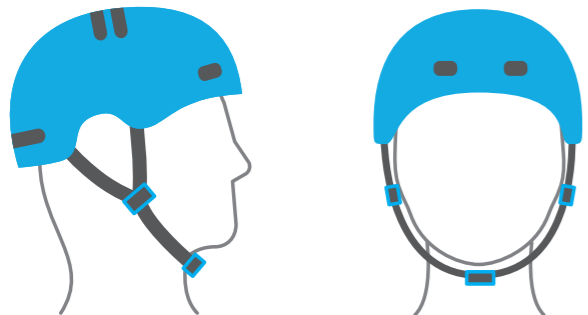


# Helmet fit



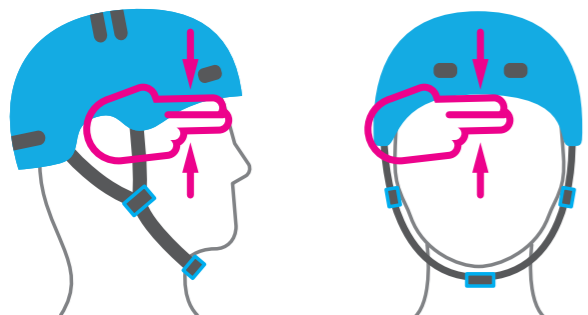
## Step One

With loose straps, ensure that the helmet sits centred on the head.



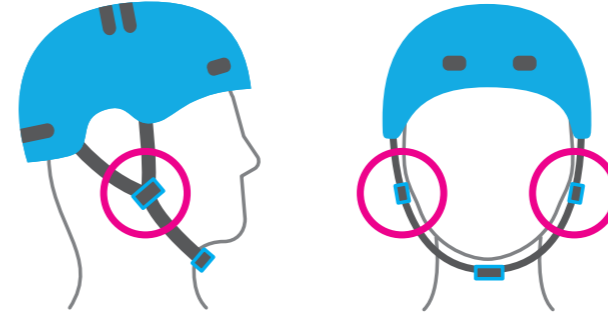
## Step Two

Adjust the chin straps — it should sit tightly but not uncomfortably.



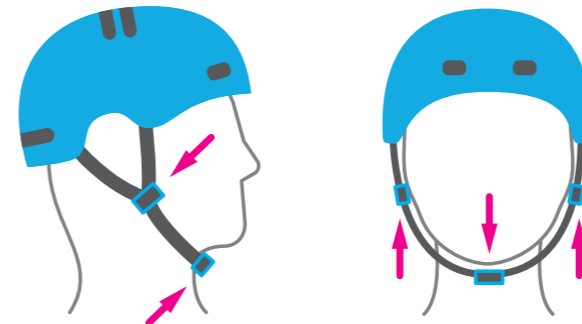
## Step Three

Ensure the helmet sits correctly on the head by measuring out a two finger spacing from the top of the brow to the start of the helmet.



## Step Four

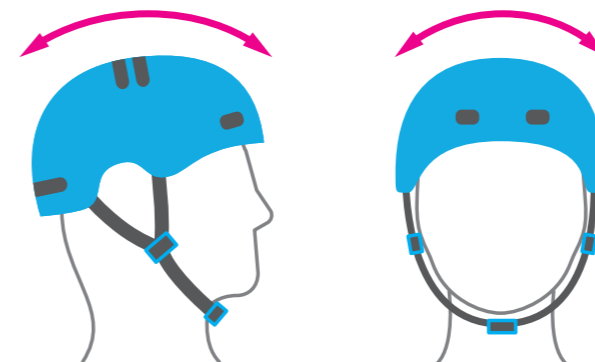
If possible, adjust the connection point of the neck strap so that it sits on the jaw, just below the ear.



## Step Five

Tighten the neck strap so that both sides are tight and both connection points remain on the jaw between the ears.

The straps should not twist or cover the ears. When done up correctly the straps should provide a snug fit over the ears and under the chin.



## Step Six

Ensure that the helmet does not move off the forehead or from side to side.