

GET MOVING. STAY SAFE. WEAR A HELMET.



HELMET SIZING CHART

Fit is important. Wearing a helmet is important — wearing one that fits properly is even more important.

- The helmet must sit squarely on top of your head.
- The front of the helmet should cover your forehead, approximately 1 inch above the eyebrows.
- Adjust the straps on both sides to secure the helmet. The straps should be snug but comfortable.
- If needed, use the pads included with the helmet to make it fit snugly.
- Test your fit by pushing the helmet with your hand. If it shifts or slides with a simple push, readjust the straps.
- If adjusting the straps doesn't work, the helmet may be too large.

Wearing a helmet that is too big, too small, old, or unbuckled will not protect you. Helmets wear out over time and should be replaced every few years.

FiT

Basic Helmet (white foam bottom)

Toddler (XXS)	fits 1-3 years	18 1/2" to 19 1/2"
Child (XS)	fits 3-6 years	20" to 21"
Youth (S/M)	fits 6-11 years	21 1/2" to 22 1/2"
Youth/Adult (L/XL)	fits 11+ years	22 3/4" to 24 1/2"

Premium Helmet (flash graphics and visor)

Small	fits 4-6 years	19 3/4" to 21 1/4"
Medium	fits 6-11 years	21 1/4" to 22 3/4"
Large	fits 11+ years	22 3/4" to 24"
Extra Large	fits 16+ years	23 1/4" to 24 3/4"



Hard Hats for Little Heads
Physicians Caring for Texans