

# HELMET FIT CHECK

1



## EYES

Look up and see the brim of your helmet.

2



## EARS

Straps form a "V" beneath your earlobes.

3



## MOUTH

Chin strap is snug when you open your mouth.



**WEAR YOUR HELMET TO PROTECT YOUR BRAIN!**  
[KINGCOUNTY.GOV/METRO/SCHOOLPOOL](http://KINGCOUNTY.GOV/METRO/SCHOOLPOOL)

