



## Can you fit your bike helmet correctly?

Suitable: Year 4-6 students  
Health and PE - Practical Session  
WALT: Fit a helmet correctly.

### Activity 1 – Spot the mistake

Have a look at each picture below. Can you spot what's wrong with the way each helmet has been fitted?



trip



## Activity 2 – Check your helmet is safe

In New Zealand the law states that bike helmets must be worn and securely fastened when riding a bike.

Read the information below and check your helmet to see if it's safe to use.

As you get ready to put on your bike helmet, hold it like a bowl in front of you and make sure there are no cracks on the inner foam. Also, check that the straps are all connected and that you can adjust them if you need to.



Now practice trying your helmet on using the 2-4-1 fitting rule.



Two fingers above your eyebrows to the bottom of your helmet



Adjust the straps so the sliding clips sit right underneath the ear lobe, and the straps form a 'Y' shape.



The chin strap should not be able to be pulled up and over your chin.



### More assistance

For more assistance, go to the Auckland Transport YouTube video on how to fit a bike helmet to double check that you're doing it right!

<https://www.youtube.com/watch?v=kdkKnbwh6FQ>.