

## Sizing up an ATV Helmet

The most important thing you can do to stay safe while riding an ATV is to wear a helmet. But not any helmet will do, you need to find one that properly fits you. Just putting one on for a minute is not enough to check for the proper fit, and you want to be sure you get a helmet that will protect you. There are some things you can do to make sure the helmet you choose is the best helmet for you and will protect your head in the event of an accident.

Your ATV helmet should be snug. There is a difference between tight and snug, and while you should not have to fight to get your helmet on, if it easily slides over your head it is probably too loose. You want to pick a helmet that gives a little resistance as you pull it on otherwise it may move if you are in an accident and will not protect you.

Your helmet should stay put no matter how you move. When you are trying on a helmet, be sure to shake your head in every direction and check to see if it moves. If the helmet moves at all it is not the best fit for you. The helmet should comfortably grip your head without pinching and should not move at all, no matter how you move your head.

The ATV helmet you choose should not come off no matter what after you secure it. Adjust the chin strap and try to pull the helmet off after the closure system is secure. If the helmet moves off your head or comes up even a little, it is not the helmet for you. Either adjust the closure for a more snug fit and try the test again or pick a different helmet. The helmet should not move at all, even when pressure is applied to it, after it is closed.

Many people are tempted to buy the biggest helmet they can find thinking that it will offer them more protection. Fit is much more important than size as a properly fitting helmet will protect you much better than a large one. A helmet that is too large is unsafe and you will end up having to adjust it while you are riding which can cause an accident. Always go for fit, not size, when shopping for an ATV helmet.

Another size mistake people commonly make when buying ATV helmets is buying a helmet that is too large for their child. They think a little extra room is ok since their child will grow into it and the helmet will last longer. This is not a good idea as a helmet that is too large will not protect your child now, and can cause serious injury.

Always buy a helmet that fits your child correctly now, having to replace it sooner rather than later is a small price to pay for the safety of your child. A helmet can save your life if you are in an ATV accident, so make sure you pick one that fits correctly.