

## Finding Helmets That Fit

(NAPSA)—Like any piece of sports equipment, helmets for bicycling, blading or skateboarding must fit right to work right. Fortunately, buying the right size helmet doesn't have to be an exercise in guesswork.

### Helmet Sizes By Age

AGE	SIZE
0 - 5	19 - 20 $\frac{1}{2}$ "
5 - 8	21 $\frac{1}{4}$ - 22"
8 - 14	22 $\frac{3}{8}$ - 23 $\frac{1}{8}$ "
14+	S/M = 22 $\frac{3}{8}$ - 23 $\frac{1}{8}$ " M/L = 23 $\frac{1}{2}$ - 24 $\frac{3}{8}$ "



Source: Bell Sports

**Use Your Head—Bikers, skaters and bladers should all wear helmets that fit properly.**

One of the founding members of the Protective Headgear Manufacturers Association, Bell Sports, recommends some time-saving tips for buying helmets.

First, measure the circumference of the head from one inch above the eyebrows. In addition to buying the right size, look for a helmet with a "fit" system which allows a custom-fit to the shape of the head. For example, the Smart Fit System in a Bell helmet will help keep the helmet positioned correctly on the head.

Second, determine which sports and activities the helmet will be used for. Bladers and skateboarders need helmets with more protective coverage in the back of the head, since they tend to fall backwards more often than forward.

And third, give all helmets in the house a safety check by looking for cracks, dents, puncture holes, and missing or loose side buckles and chin strap bindings. These conditions can compromise the effectiveness of the helmet.

Once in the store, look for the Consumer Product Safety Commission's "CPSC" certification sticker on the package and the inside of the helmet. This sticker indicates that the helmet has passed the CPSC's safety standards.

Spending a few minutes preparing for a helmet purchase can save hours of time in return lines.