

# How to fit a MOTORCYCLE HELMET

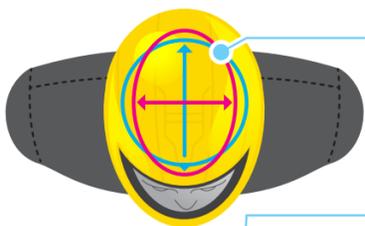
At American Modern<sup>®</sup>, we know the right fit is everything.

Gear up  
for a great ride.  
And protect what's important.

Many factors go into choosing a helmet. Fit, finish, comfort, ease of use, and features all play into your overall safety.

## THE MOST IMPORTANT IS **FIT.**

### Your helmet only works if it fits properly.



Make sure the helmet fits your specific head shape (round or oval, or in-between). If you're not sure of the shape of your head, have someone take a picture of the top of it. Never size up to compensate for a helmet that's the wrong shape.



A new helmet should fit tightly, but shouldn't hurt or squeeze your head. You shouldn't feel any pinching at your forehead, back of your head or temples.

In a new helmet, the sides of your face should be tightly compressed, particularly around your cheeks. Make sure there aren't any gaps at your temples.

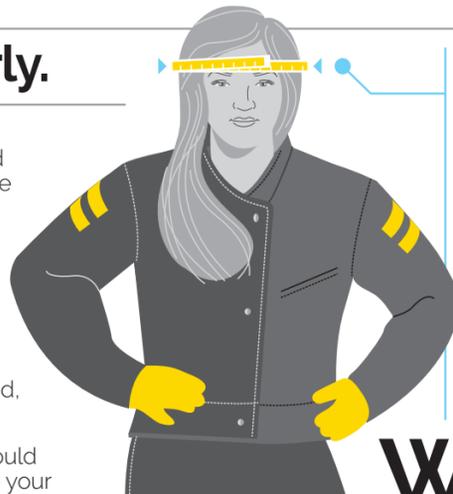
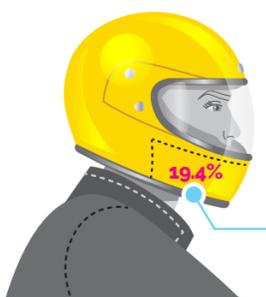
Wear the helmet around the store for 30 minutes. Do your glasses fit? Does the visor close? Does the helmet cause pressure points or red marks on your face?

To test the general fit, push down on the top of the helmet to seat it on your head.

Grab it on each side of the chin bar and try moving it side-to-side. Your cheeks should move along with it.

Push in the middle of the chin bar. It shouldn't move away from your head, and the chin bar shouldn't touch your mouth or nose.

**Some of the most common areas of impact in a crash are on the helmet's chin piece.**



Measure your head with a measuring tape, around the largest part of your forehead. This is usually about an inch above your eyebrows and just above your ears. Select the corresponding size from the manufacturer's size chart.

INCHES	CM	HELMET SIZE
20-1/8 • 20-1/2	51 • 52	XX-Small
20-7/8 • 21-1/4	53 • 54	X-Small
21-5/8 • 22	55 • 56	Small
22-3/8 • 22-7/8	57 • 58	Medium
23-1/4 • 23-5/8	59 • 60	Large
24 • 24-3/8	61 • 62	X-Large
24-7/8 • 25-1/4	63 • 64	XX-Large

**With  
the right gear,  
it's always  
easy cruising.**

American Modern has you covered.



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