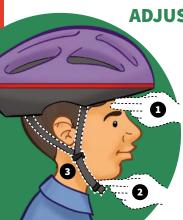
de santé McGill

## USE YOUR HEAD... WEAR A HELMET!



## ADJUSTING A HELMET

The helmet should fit squarely on top of the head.

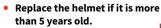
1 The distance between the eyebrow and the edge of the helmet should not exceed 2 fingers.

2 Only 1 finger's width between the chin and the strap.

3 Side straps should form a "V" under the ears and slightly in front of the earlobes, by adjusting the slider. They also should be well aligned and not twisted.







• Don't buy a used helmet.



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