

Helmet type

- Cycle specific helmet and not full face?
- Undamaged?

Position on head

- Is it level?
- With a small gap above the eyebrows?



Fit

- A close fit on the rider's head?
(If not, change the pads, or adjust the slider or dial at the back)

Straps

- No twists, cuts or other damage?
- Not covering the ears?
- No more than the rider's two finger gap under the chin?
- All straps through the rubber band or other tidying device?

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