

As a Professional Racer, Ben Spies understands the importance of, and trusts his life to, the proper protective gear. Ben has won three USA/AMA Superbike Championships, one Superstock Championship and the FIM 2009 World Superbike Championship Title. A native of Longview, Texas, Ben currently resides in the Dallas, Texas area.



*"A Properly fitted DOT or Snell Foundation Certified Helmet is a Motorcyclist's best defense against head and brain injury in a crash. A helmet that does not fit properly may come off in a crash, removing that protection. Make sure your helmet fits properly and ride safe!"*

- Ben Spies, #11

## For more information about motorcycle safety, please contact OUR PARTNERS



<http://www.txdps.state.tx.us/msb>

**SPIES**

[www.benspies.com](http://www.benspies.com)



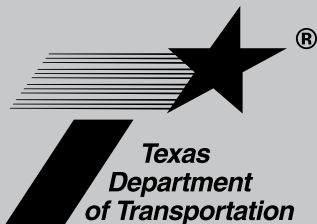
**Save a Life™**

Texas Department of Transportation

[www.txdot.gov](http://www.txdot.gov)



**Look  
Learn  
Live.org**



125 E. 11th St.  
Austin, TX 78701-2483

Phone: (512) 498-4748  
Fax: (512) 416-3349

# GEAR UP, TEXAS!

## CHECKING THE FIT OF YOUR MOTORCYCLE HELMET



**Ben Spies, #11, Pramac Racing  
Professional Racer, Texan**



**Save a Life™**

Texas Department of Transportation

## SELECTING A PROPER HELMET

**There are many different styles of helmets. No matter which helmet you choose, make sure that it not only fits your style, but provides the protection you need to survive a crash.**

Today's helmets are made from lightweight, modern materials developed to be stronger and more comfortable. Since the early 1980's, adult helmets for highway use have been required to meet U.S. D.O.T. standards for impact, penetration, retention, and vision.

It is critically important to select a helmet that is D.O.T. certified and has the D.O.T. label or Snell Foundation certified sticker on the rear. Helmets that are not D.O.T. or Snell certified could fail to provide adequate protection. Helmets should also be fitted properly.



The DOT or Snell Certified Stickers should be on the back of the helmet in the center.

A DOT or Snell certified helmet is the most important piece of safety equipment a rider can wear.

## IT COULD SAVE YOUR LIFE!

## TRYING ON YOUR HELMET

Hold your helmet by the chin straps. The bottom of the helmet should face you with the front pointing down. Put your thumbs on the inside of the straps, and spread the sides of the helmet apart slightly and slip it down over your head.

The helmet should fit snugly and may even feel a bit too tight until it's in place correctly. Be sure it sits squarely on your head. Remember, if your helmet is too large, it can move around on your head when you least want it to, or make the helmet noisy and let the wind in. Most importantly, in the event of an accident, it may come off!

## CHECKING YOUR FIT

While the helmet is on your head, the cheek pads should touch your cheeks without being uncomfortable. There should be no gaps between your temples and the brow pads. If the helmet has a neck roll, it shouldn't push the helmet away from the back of your neck.



Press on the chin piece. The face shield should not touch your nose or chin. If it does, it will do so at speed from wind pressure.

## FINAL CHECKS OF YOUR FIT



With the helmet still on and the straps securely fastened, grasp the chin guard and move the helmet from side to side, as well as up and down with your hands. If it fits right, your scalp should move as the helmet is moved.

Now, with the chin strap still securely fastened and your head straight, grasp the helmet from the back and try rolling the helmet forward off your head. You shouldn't be able to pull it off. If you can, the helmet is too big.



"If you are still unsure about the helmet's fit, wear it around the store for a while to see if it remains comfortable. A helmet is an important investment, no matter what its price. Be sure the one you choose is right for you."