

Ski helmet fit makes a difference

By Berne Broudy, *Outside*

Lots of things can go wrong when you're skiing. Face it, you're sliding fast down a slippery surface on narrow planks with sharp metal edges, surrounded by hazards such as trees and other skiers, who may or may not be in control of their actions. If you crash—whether you're hucking and jumping, speeding through moguls, or just trying to get through your run—you can reduce the risk of danger by wearing a helmet.

Ski helmets protect your head from impact. But in order to do that job, a helmet must be sized correctly, worn correctly, and certified to meet minimum safety standards.

"Helmets, like jeans or shoes, come in lots of shapes and sizes," says Lindsey Johnson, helmet category product manager at Smith. "Some are wide, some narrow. Find a brand that fits your head by visiting your local shop, and trying several until you find one that fits and feels good."

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