

PT Helmets®

Measurement

1. Use string or head measuring tape such as Seca (for youth) and wrap around circumference of head.
2. DO NOT PULL TIGHT. Pulling string tight may provide inaccurate measurement.
3. Lay out string on flat surface. Have assistant hold string as you measure. Repeat.

Weight	Size	Cm	Inches	Hat
<160lbs <72kg	Small	53-54	20 7/8" to 21 1/4"	6 5/8 to 6 3/4
160-180lbs 72-81kg	Medium	55-56	21 5/8" to 22"	6 7/8 to 7
180-205lbs 82-92kg	Large	57-58	22 3/8" to 22 3/4"	7 1/8 to 7 1/4
205-240lbs 93-109kg	XLarge	59-60	23 1/4" 23 5/8"	7 3/8 to 7 1/2
240lbs> 110kg>	XXL	61-62	24" to 24 3/8"	7 5/8 to 7 3/4

(white trek on head image) –

Place index finger above eyebrow and above top of ear for measuring circumference. String or tape should go around occipital bone (thickest part back of head).



occipital bone

Image Courtesy Free Dictionary

