A Free Bike Safety Checklist



Check frame size

Both feet should be !at on the ground

Ensure handlebars & brakes can be reached easily

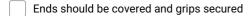
Check saddle

Look for rips or tears

Adjust to comfortable height

Make sure it's properly secured

Check handlebars



Knees should not touch the handlebar

Check brakes

Look for brake pads that are worn

Check for frayed cables

Test both front and back brakes

Check tyres

In!ate front and back tyres

Look for balding or fraying

See there is no holes or tears

Check wheels

See that the front and back wheels spin freely

Look for loose or broken spokes

Check for damage to rims

Check pedals

See that they spin freely

Look for any breaks or splits

Check gears

Look to see cables are capped and not frayed

Check chain

Look for excess grease or sagging

See that it moves smootly

Check bell, lights & relectors

Check that the lights are functioning

Check to see relectors are tight and secure

Check that a bell, horn or other warning device is attached to the handlebars Make and Share Free Checklists checkli.com