

A Free Bike Safety Checklist

Check frame size

- Both feet should be flat 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

- Ends should be covered and grips secured
- 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
- A gap should be between levers and handlebars

Check tyres

- Inflate 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 smoothly

Check bell, lights & reflectors

- Check that the lights are functioning
- Check to see reflectors 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