

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

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