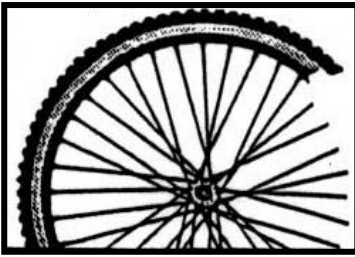


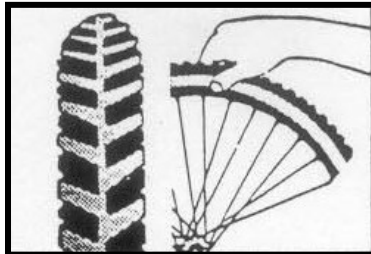
Bicycle Safety Check



WHEELS - (Check Monthly)

Spin the wheels gently one at a time. They should spin freely without rubbing against the forks or brakes, and they should not wobble from side to side. Always check that the wheel nuts or quick release levers are fully tightened before you ride your bike.

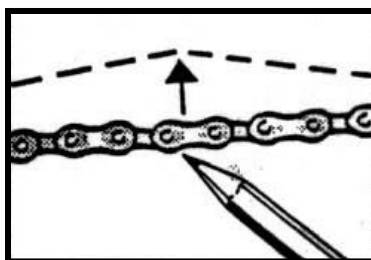
- These wheels are
- | | | |
|---|----------------------------------|--------------------------------------|
| <input type="checkbox"/> Spokes missing | <input type="checkbox"/> Correct | <input type="checkbox"/> Mis-aligned |
| <input type="checkbox"/> Loose | <input type="checkbox"/> Buckled | |



TYRES - (Check Daily)

Tyres should always be pumped up hard. Check them before you ride by pinching the sides of the tyre together. If they squash easily the tyre should be pumped up. Examine the tyre tread for worn or bald patches.

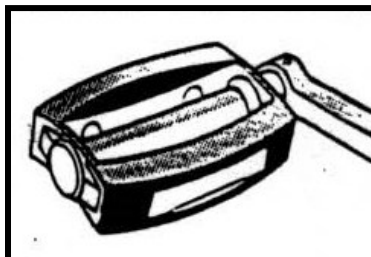
- These tyres are
- | | | |
|-------------------------------|----------------------------------|--|
| <input type="checkbox"/> Worn | <input type="checkbox"/> Correct | <input type="checkbox"/> Need pumping up |
|-------------------------------|----------------------------------|--|



CHAIN - (Check Monthly)

A loose chain may come off, get caught in the wheels and throw you off your bike, so check it by placing a pencil under the bottom part of the chain and lifting it. If the chain lifts more than 2cm it is too loose. Oil the chain about once a month.

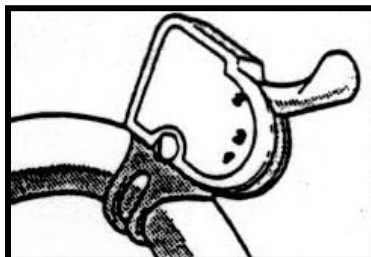
- This chain is
- | | | |
|------------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> Correct | <input type="checkbox"/> Tight | <input type="checkbox"/> Loose |
| <input type="checkbox"/> Needs oil | | |
- (this test does not work for derailleurs gears)



PEDALS - (Check Monthly)

The pedals should spin freely and they should be fitted with amber pedal reflectors.

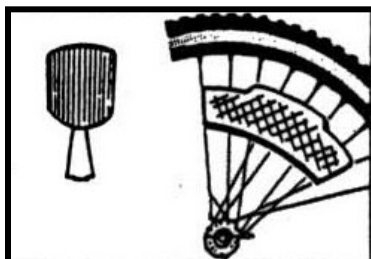
- These pedals are
- | | | |
|---|----------------------------------|--------------------------------|
| <input type="checkbox"/> Correct | <input type="checkbox"/> Damaged | <input type="checkbox"/> Loose |
| <input type="checkbox"/> Reflectors missing | | |



GEARS - (Check Monthly)

Gears easily get clogged up with dirt so keep them clean. Check the cables for fraying.

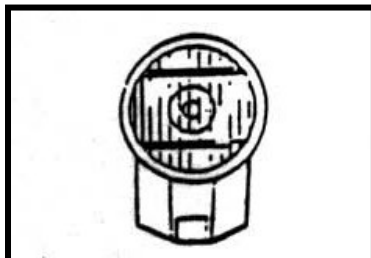
- These gears are
- | | | |
|--|--------------------------------|----------------------------------|
| <input type="checkbox"/> Correct | <input type="checkbox"/> Dirty | <input type="checkbox"/> Damaged |
| <input type="checkbox"/> Cables frayed | | |



REFLECTORS - (Check Daily)

Bicycles should have a red rear reflector, a white front reflector, amber reflectors on the pedals and white or amber reflectors on the spokes. Keep the reflectors clean – they do not work when dirty, and make sure they don't work loose.

- These reflectors are
- | | | |
|----------------------------------|--------------------------------|---------------------------------------|
| <input type="checkbox"/> Correct | <input type="checkbox"/> Loose | <input type="checkbox"/> Some missing |
| <input type="checkbox"/> Dirty | | |



LIGHTS (if fitted) - (Check Daily)

If you ride at night you must have a red rear light and a white front light that shine brightly. Check them before you go out, if the light is dim, change the batteries.

- These lights are
- | | | |
|---|--------------------------------------|--------------------------------|
| <input type="checkbox"/> Correct | <input type="checkbox"/> Not working | <input type="checkbox"/> Loose |
| <input type="checkbox"/> Working poorly | | |