BIKE SAFETY CHECKLIST

1) Check frame size
   - Both feet should be flat on the ground
   - Ensure handlebars & brakes can be reached easily

2) Check saddle
   - Look for rips or tears
   - Adjust to comfortable height
   - Make sure it’s properly secured

3) Check handlebars
   - Ends should be covered and grips secured
   - Knees should not touch the handlebar

4) 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

5) Check tyres
   - Inflate front and back tyres
   - Look for balding or fraying
   - See there is no holes or tears
6) Check wheels
- See that the front and back wheels spin freely
- Look for loose or broken spokes
- Check for damage to rims

7) Check pedals
- See that they spin freely
- Look for any breaks or splits

8) Check gears
- Look to see cables are capped and not frayed

9) Check chain
- Look for excess grease or sagging
- See that it moves smoothly

10) 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