BIKE SAFETY

SADDLE

Check saddle

bolts are tight.

SEAT POST Grease seat post regularly. Mark seat height with tape if needed; remove post and apply grease to neck of seat tube. If carbon, use carbon paste. SPOKES Squeeze part of spokes to check tension. If loose get checked.

HANDLEBAR

Lift front wheel off ground and make sure bars turn smoothly and in line with front wheel.

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- Allen keys
- Torx keys

TOOLS

- Torque wrench (up to 20mm)
- Grease
- Carbon paste
- Chain checker



*Chains come in 'speeds'. Count number of cogs a cassette (rear wheel) to find speed.

CHAIN

Use chain checker regularly and change chain* at 50% worn.

PEDALS

On both sides pedals 'do up forwards'. Grease threads regularly.

AXLE

Check axle is done up properly and wheel in straight (front and back).

BRAKE PADS

Check brake pads have wear left on them (disc = min 1mm, rim = min 1mm in the grooves on face of pads). Make sure pads don't rub and come on evenly.

