



Safety checks for bikes

Use this checklist to make a note of what you've checked and any repairs you need to make.

What to check	Checked	Notes	Action needed	Done
Back wheel - Fitted securely and aligned.				
Spokes - Pluck spokes to check their tension				
Back tyre - Tyres should fit to the wheel rim. Check for damage and check your tread for wear. Pump up tyres to the correct pressure, which should be written on the tyre.				
Back brake - Apply the brake and pushing your bike backwards. Adjust brakes and cables if necessary.				
Saddle - Fitted securely at the right height and angle. Tighten bolts and the seat clamp if you need to.				
Chain - Check your chain is clean and oiled, so that pedals can spin smoothly.				
Handlebars - Check handlebars are tight to the stem and move in line with the wheels. Your headset shouldn't rock or sound gritty.				
Front wheel - Your front wheel should be fitted securely and spin smoothly with no loose spokes.				
Front tyres - Front tyres should fit to the wheel rim. Check for signs of damage and wear and ensure tyres are pumped to the correct pressure.				
Front brake - Check your front brake, by applying the brake and pushing your bike forwards.				
Lights - Check reflectors, front and back lights are clean, working and attached securely.				