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Bicycle Safety:

Bicycle Maintenance Checklist

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Maintaining your bicycle is important for your safety. Equipment that is worn out or in need of tightening or alignment is not dependable. Cleaning, adjustments and minor repairs are within the capabilities of most bicyclists. However, major adjustments and repairs should be done by a trained bicycle mechanic.

Print this list and use it to check all the bicycles in your home.

- _____ **Handlebar position** The handlebars should be tight and properly aligned with the front wheel.
- _____ **Caliper hand brakes** The levers should not be able to touch the handlebars before the brakes are fully engaged and the wheel is locked. Brake shoes should have at least a 1/6-inch rubber braking surface and be centered over the rim. The nuts holding the brake shoes to the arms should be tight.
- _____ **Pedals** The pedals should be firmly secured to the crank arms and turn freely. Rubber treads should be intact.
- _____ **Wheels** Test for proper balance by picking the bicycle up and spinning the wheels. The wheels should not rub against any part of the frame, fender or brakes. Check to see that rims are free of rust, dents or kinks. Replace missing spokes.
- _____ **Tires** The condition of the bike's tires will affect its handling. Make sure you keep the tires pumped up to the pressure recommended in your owner's manual. Check with a tire gauge. Replace tires when tread is worn smooth.
- _____ **Chain** A chain in need of adjustment will make a cracking or grinding noise. When a chain is in its proper position, it should have approximately 1/2-inch of lag.

This document contains generally accepted safety information regarding bicycle safety. Because every situation is different, the publishers are not assuming liability for accuracy or use of the information contained herein.

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