

# LOOK AFTER YOUR BICYCLE AND KEEP IT SAFE TO RIDE

## Helmet

Will help to protect your head if you fall off.

## Reflectors

Keep clean and positioned correctly.

## Chain

Keep it oiled and properly adjusted.

Reflective and fluorescent material

**Brakes (Front & Rear)**  
Make sure both work properly. Replace worn brake blocks and fraying cables.

## Handlebar

Should be adjusted to the correct height i.e. easy to reach (often level with saddle height). Keep tight.

**Lights (Front & Rear)**  
Keep clean and working. *Use at night* and in poor light.

## Tyres

Keep pumped up hard. Replace when tread is worn.



## OTHER ITEMS:

**Frame:** Should be correct size to enable full control of the bicycle.

**Saddle:** Should be the correct height for the rider. The rider should be able to touch the ground with the balls of both feet when sitting on the saddle.

**Wheels:** Replace or tighten broken/loose spokes. Keep the wheel nuts tight.

**General:** Keep moving parts oiled and tighten loose fittings etc . . .  
If you have any problems contact your local Bicycle dealer