

# SAFETY CHECK

## Frame/Fork/Headset

- Headset properly adjusted

## Handlebars

- Stem securely tightened, in line with frame
- Stem is inserted not higher than the line specifies

## Pedals

- Both left & right sides are secure

## Reflectors

- Front, rear and wheel reflectors placed on bicycle.

## Chain wheel /Crank

- Not buckled & turns freely through a complete rotation, is fitted with a chain Guard
- Pedal crank locknut is secure.

## Wheels

- Wheels are securely tightened, rear wheel has spoke protector, and both wheels are straight not warped, tyre inflated appropriately.

## Chain

- Chain moves freely with no catching/binding when changing gears etc

## Brakes

- Pads are securely attached, brakes align with rims, and wheels stop instantly when brakes are applied. Cables run smoothly, no sign of damage.

## Derailleurs

- All cables run smoothly, no sign of damage, can be adjusted up/down over the chain wheel & Free wheel. Cable ends are capped (inc Brake cables)

## Brake & Gear Levers

- Levers are secured to handlebars

## Seat

- Adjusted to suit the rider, seat is secure & in line with frame, seat doesn't exceed maximum extension mark.

## Warning Device

- A suitable warning device is fitted e.g. BELL

## Sharp Edges

- Check bike frame, bike fittings, and anywhere the rider may come into contact within normal use.

### **SAFETY NOTICE:**

**Customer has a bicycle helmet & has knowledge of safety accessories available.**