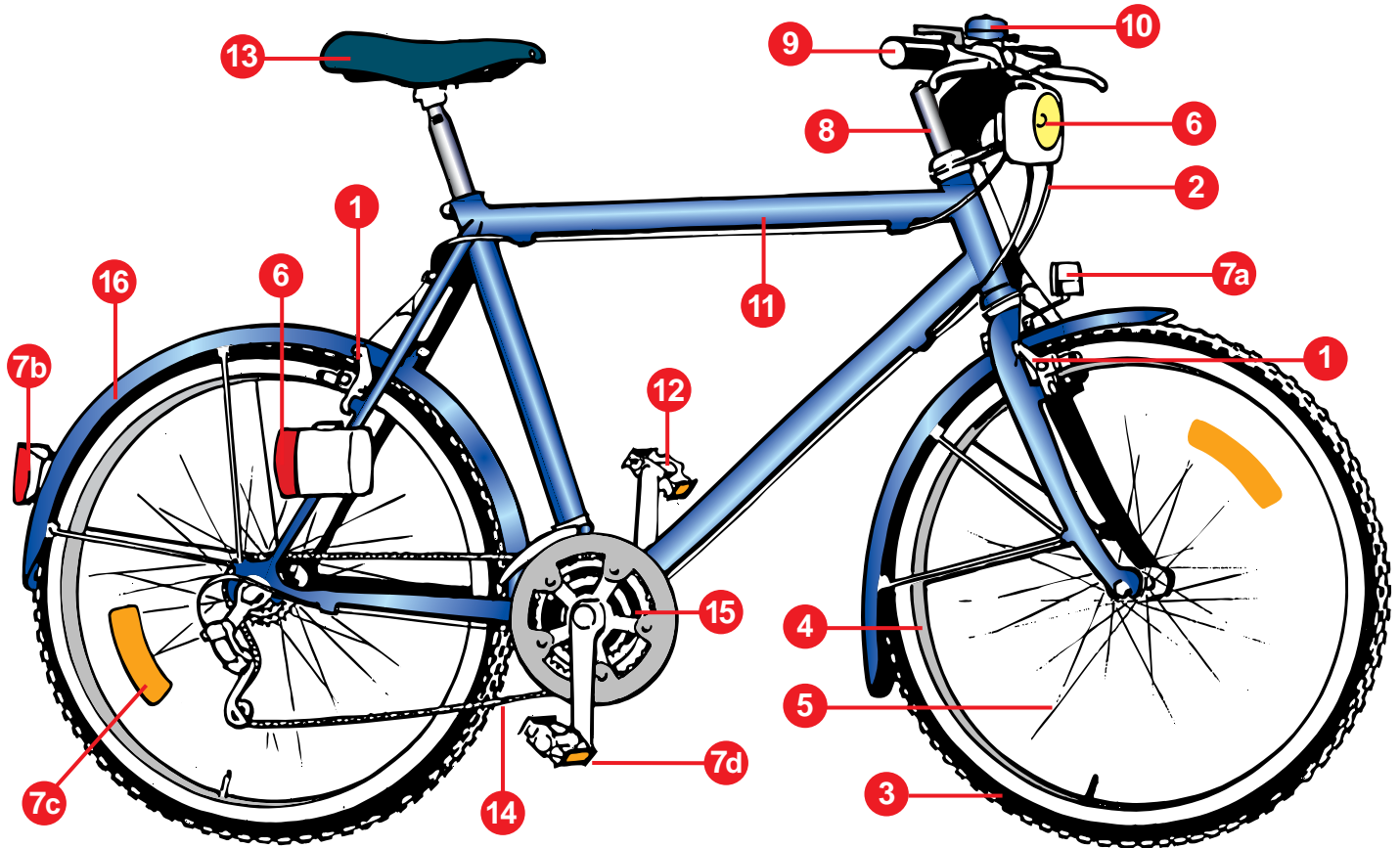


# *Know about your bicycle and how to keep it safe*



## 1 Brakes

Make sure they work. Check that blocks are in the right place, not touching the tyre and that they are not badly grooved or worn out.

## 2 Brake Cables

Make sure they are not frayed.

## 3 Tyres

Both should have a tread pattern showing all round. Make sure they are well pumped up. Watch out for cuts, splits and bulges.

## 4 5 Wheels and Spokes

Check both for damage. Make sure spokes are not loose.

## 6 Lights

Should be clean and working - white at the front, red at the back. You **must** use them if you ride at night.

If your lights work on batteries, make sure these are charged. Have spare batteries with you.

## 7 Reflectors\*

If you ride in the dark you **must** have a red reflector at the back (as well as front and rear lights). A white front reflector, pedal and spoke reflectors also help you to be seen in the dark (bicycles made after 1985 must be sold with these reflectors).

## 8 Steering

It can become loose especially if you use your bicycle for "off road" stunt riding.

## 9 Handlebars

Make sure they have good grips and plugs and are lined up correctly.

## 10 Bell

Use it to warn pedestrians. You must be able to use it without taking your hand off the handlebars.

## 11 Frame

Check that it is not bent and all nuts are properly tightened.

## 12 Pedals

Must have a good grip for your shoes and be able to spin freely.

## 13 Saddle

Must be adjusted for your height and all nuts tightened.

## 14 Chain

Keep it oiled and make sure it is not too loose or too tight.

## 15 Gears

If your bicycle has gears, make sure that they are properly adjusted and you know how to use them correctly.

## 16 Mudguards

If your bicycle has mudguards make sure they do not catch on any moving parts.

\* Reflectors shown:

(7a) Front reflector (7b) Back reflector  
(7c) Spoke reflector (7d) Pedal reflector