

Bike Safety Checklist

Frame:

1. Are all tubes in-line and free of dents, bends, and kinks?

Front Fork:

1. Is the front fork straight, and in good condition?
2. No play between fork and frame?
3. Fork turns freely inside of headset?

Handlebars:

1. Height of grip below driver's shoulder level (seated)?
2. Handlebar is in line with front wheel?
3. Handlebar does not move when you hold the front wheel between your legs and try to twist the handlebar?
4. Grips tight, in good condition, ends of the handlebars covered?

Size - Fit of bike to driver:

1. Can driver straddle the frame with both feet flat on the ground?
2. **Height of Seat – Beginner** – Seated cyclist can place foot on ground?
3. **Experienced** – Seated - cyclist can put ball of foot on the pedal at its lowest point?
4. Seat in good condition and does not move when you grab hold and try to twist it side to side or up and down?

A – AIR

Front Wheel

1. Tire (inflation): Inflated properly and valve stem straight?
2. Tires (casing): Good tread and no sidewall damage?
3. Rims: No dents, twists, or kinks?
4. Spokes: Good tension, none missing and all tight?
5. Alignment: When spun, wheel is true and centered in the stays?
6. Bearings: Wheel spins freely and evenly and does not wiggle?

Rear Wheel

1. Tire (inflation): Inflated properly and valve stem straight?
2. Tires (casing): Good tread and no sidewall damage?
3. Rims: No dents, twists, or kinks?
4. Spokes: Good tension, none missing?
5. Alignment: When spun, wheel is true and centered in the stays?
6. Bearings: Wheel spins freely and evenly and does not wiggle?

B - Brakes:

Coaster brakes:

1. Brake arm attached to the frame?
2. Brake operates within 20 degrees of horizontal? (pedals)
3. Brakes operate effectively and smoothly?

Hand brakes (front and rear):

1. Brake lever tight (3/4 inch reserve when brake shoe is engaged)?
2. Cable taut, no breaks, no frayed ends (open the brake lever and check for fraying near the anchor ball at the end of the cable)?
3. Caliper brakes centered and tight?
4. Nuts tight on brake shoes?
5. The open end of the brake pad holder, if any, faces the rear?
6. At least 3/16-inch rubber on shoes?
7. Brake shoes meet the rim squarely?
8. Front and rear brakes operate effectively and smoothly?

Crank and pedals:

1. Crank turns freely and evenly, no looseness or binding, not bent?
2. Pedals tight, intact, no binding, free spinning?

Chain:

1. Chain clean and free of rust, **lubricated**?
2. Non-derailleur model: 1/2-inch play, no excessive looseness?
3. Non-derailleur model: chainguard secure, free of chain?

Derailleurs:

1. Shifter operates properly?
2. Derailleur operates properly?

Quick – Quick Releases

1. Hubs – Closing the lever makes an impression on your palm.
2. Brakes – Closed, brake pads aren't rubbing the rim.
3. Seat – Closing the lever makes an impression on your palm.
4. Check for quick releases used as wing-nuts

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