A Free Bike Safety Checklist



Check frame size

- [ ] Both feet should be !at on the ground
- [ ] Ensure handlebars & brakes can be reached easily

Check saddle

- [ ] Look for rips or tears
- [ ] Adjust to comfortable height
- [ ] Make sure it’s properly secured

Check handlebars

- [ ] Ends should be covered and grips secured
- [ ] Knees should not touch the handlebar

Check brakes

- [ ] Look for brake pads that are worn
- [ ] Check for frayed cables
- [ ] Test both front and back brakes

- [ ] A gap should be between levers and handlebars

Check tyres

- [ ] In!ate front and back tyres
- [ ] Look for balding or fraying
- [ ] See there is no holes or tears

Check wheels

- [ ] See that the front and back wheels spin freely
- [ ] Look for loose or broken spokes
- [ ] Check for damage to rims

Check pedals

- [ ] See that they spin freely
- [ ] Look for any breaks or splits

Check gears

- [ ] Look to see cables are capped and not frayed

Check chain

- [ ] Look for excess grease or sagging
- [ ] See that it moves smootly

Check bell, lights & re!ectors

- [ ] Check that the lights are functioning
- [ ] Check to see re!ectors are tight and secure
- [ ] Check that a bell, horn or other warning device is attached to the handlebars

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