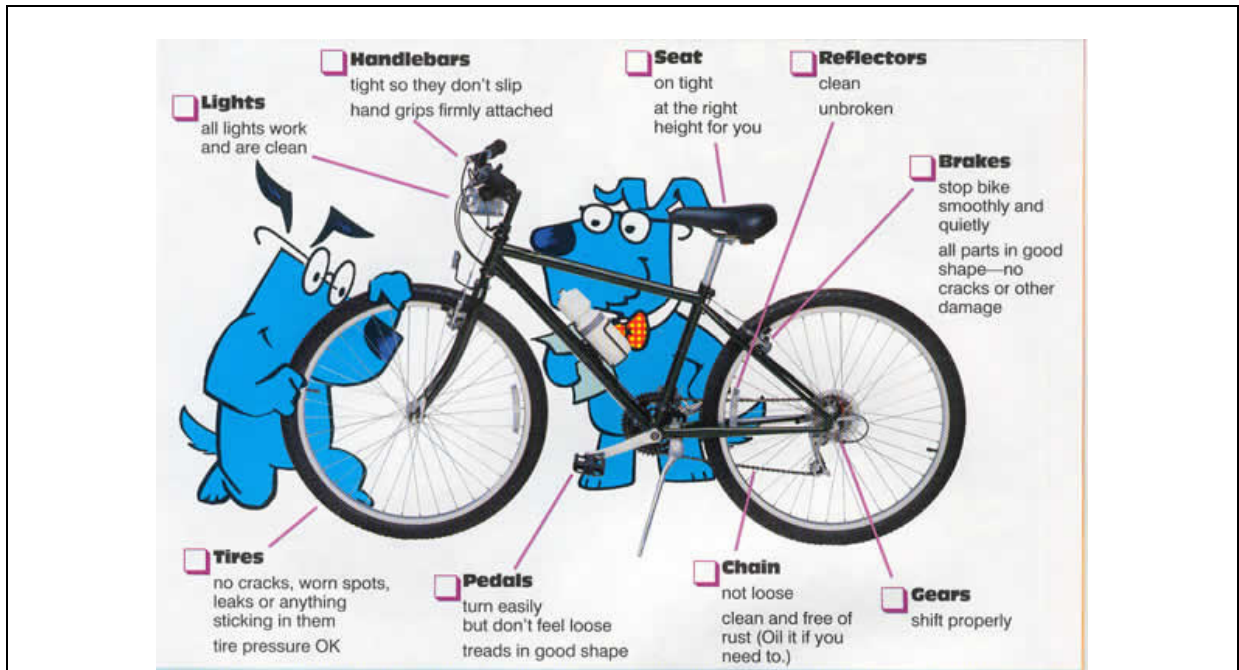




Bike inspection checklist



Item	In good working order	Check within 6 months	Needs attention
Frame			
fork and frame are in good condition			
handlebars and grips are secure			
seat is in good condition and seat post is secure			
Wheels			
no spokes are missing, wheel is true			
tyres have good tread			
tyres have correct air pressure			
valve stem is straight			
Brakes			
cables are tight, unfrayed and unbroken			
brake pads are in good			

condition and adjusted			
Pedals and cranks			
pedals spin freely			
crank turns freely			
Chain and gears			
chain is clean and free of rust			
gears shift smoothly			
Safety			
reflectors, lights, and bell are fitted and working			
bike is the proper size to fit rider			
rider is wearing bright clothing and reflective gear			
helmet fits properly			
lock, mudguards, water bottle, pump and carrier are secure			

More information

Everything you wanted to know about riding to work

This brochure from Bicycle Victoria (768 KB pdf) covers the 10 most frequently asked questions about riding to work, including what to wear, route planning, riding in traffic, and how to deal with rain and punctures.

www.bv.com.au/join-us/30056/