



Pre-Ride Safety Check

Every time you ride your bike, do a quick A-B-C check and take a test ride to make sure your bike is working and its parts are in good shape. Riding an unsafe bicycle can lead to a crash and injuries. A safe ride starts with a safe bike – and a helmet.



Air

Inspect your bike's tires to make sure they have the right amount of air pressure. Most bike tires have the optimal air pressure printed on the tire sidewalls. Check for any cuts or nicks and be sure the tire treads are not worn down. Replace worn down or damaged tires.

Brakes

Test your brakes to make sure they stop your bike when you squeeze the brake handles. Check that the brake pads are not worn down and the cables are not damaged or loose. The brakes should not rub against the bike while the wheel is spinning, turning, or when you are riding. Also be sure the quick-release levers that hold the wheels on are tight.

Chains

Check your bike chains to make sure they are tight, clean, lubricated, and rust-free. The chains should spin your pedals and move freely, particularly when changing gears. A rusty chain drags, changes gears poorly and could even snap.

And always wear a properly fitted helmet!

