

# Bright Thinking for Cyclists

## Bike maintenance

Any bike that is used will need to be maintained. You should always take bikes to a reputable dealer for regular servicing. But there are a few things that can be done as simple daily maintenance.

Start with a safe bike: make sure that it is adjusted properly when you first buy it. It should come with an owner's manual, and there are lots of good books on bike maintenance - look in your local library or bookshop or on the internet.

Bike maintenance need not be a chore. The time could be used as an opportunity to learn some new skills with your children. The more they can help, the more they will get from their cycling.

### Daily checklist

- 1 Lights and reflectors: make sure they are clean and bright.
- 2 Tyres: make sure they are pumped up to the right pressure.
- 3 Check for loose parts: is anything loose that shouldn't be?

### Weekly checklist

- 1 Lights: make sure the batteries are fresh. Rechargeables work well, but have a spare set for each light. At night your cycle **MUST** have a working front white light and rear red light.
- 2 Tyres: check for worn tread, cracks, tears or holes and replace if necessary.
- 3 Brakes: check pads for wear and tear. Make sure they line up with the wheel rims. Adjust the brake cables and pads so that the brake levers don't touch the handlebars when gripped, and the gap between the pads and the wheel is about the thickness of a 2p piece.
- 4 Chain: keep it clean and oiled. If it seems loose, adjust the rear wheel tension if you know how, or ask your bike dealer to do it.
- 5 Gears: keep them clean and oiled. If they need adjusting, follow the instructions in the bike manual, or ask a bike dealer to do it.
- 6 Wheels: check for straightness. If a wheel is distorted, have it replaced.
- 7 Handlebars: check that they are aligned properly and fully tightened.
- 8 Saddle: check that it is aligned properly and fully tightened.
- 9 Wash the bike (car shampoo works well), allow it to dry and then lightly oil all moving parts.



# Bright Thinking for Cyclists

**3M Streetwise**  
Bright thinking on our roads

## Bike maintenance

Support your child's cycling and visit:

[www.3Mstreetwise.co.uk](http://www.3Mstreetwise.co.uk) for more tips on safe riding

[www.3Mbeseen.co.uk](http://www.3Mbeseen.co.uk) for information on 3M reflective products

[www.bikeability.org.uk](http://www.bikeability.org.uk) for information about changes to cycle training

[www.bikeforall.net](http://www.bikeforall.net)

[www.ctc.org.uk](http://www.ctc.org.uk)

[www.cyclingengland.co.uk](http://www.cyclingengland.co.uk)

[www.hedgehogs.gov.uk](http://www.hedgehogs.gov.uk) for games and tips about cycling and pedestrian safety for younger children

[www.thinkroadsafety.gov.uk](http://www.thinkroadsafety.gov.uk) for information about cycle safety