

## A guide to bicycle maintenance: Eight point safety check

Feature	What are you checking for?	Maintained
Bell or horn	<ul style="list-style-type: none"> <li>• rings or sounds clearly and loudly</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Brakes	<ul style="list-style-type: none"> <li>• bike wheel does not rotate when brakes are applied</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Brakes pads	<ul style="list-style-type: none"> <li>• pads are not worn down</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Chain	<ul style="list-style-type: none"> <li>• should be well oiled and not sag</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
White front reflector	<ul style="list-style-type: none"> <li>• is secure and clean</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Red rear reflector	<ul style="list-style-type: none"> <li>• is secure and clean</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Tyres	<ul style="list-style-type: none"> <li>• firm tyres</li> <li>• tread not worn and no canvas showing</li> <li>• no bulges or cuts</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing
Yellow wheel and pedal reflectors	<ul style="list-style-type: none"> <li>• are secure and clean</li> </ul>	<input type="checkbox"/> Yes <input type="checkbox"/> Needs fixing

Source: Adapted from *Safety Town*

More information from about bicycle safety, Transport for NSW <https://www.rms.nsw.gov.au/roads/bicycles/safety-rules/maintain-your-bicycle.html>

### What is the right size of bicycle?

The right sized bicycle:

- is comfortable for the rider
- allows for the arms to be slightly bent as the body leans slightly forward holding the handlebars
- has controls within reach
- allows the rider's feet to just touch the ground when the rider is sitting on the seat
- allows the rider to straddle the crossbar with both feet flat on the ground. There should be about 3 cm between the bicycle and the rider's crotch for a light or medium weight road bicycle. For a BMX or mountain bike there should be a 10 cm gap. If there is no crossbar, make the test from where the crossbar would be.
- has a level seat

If not, the bicycle is either too small or too big and is unsafe.

### What is required by law?

A bicycle must be fitted with a working horn or bell and at least one working brake.