

Inspection Checklist



1. **Hand brakes** - Bike should stop smoothly and quickly. Check brakes regularly.
2. **Headlight** - Make sure lights are clean and clear in order to see and be seen.
3. **Handle bars** - Adjust to your comfort and fit. Keep securely tightened.
4. **Seat** - Adjust to body's height, make sure it is securely tightened and parallel to ground.
5. **Reflectors** - Look to make sure they are in good condition, placed on front, rear, and both pedals.
6. **Brakes** - Check for wear on brake pads. Keep clean, and well oiled.
7. **Chain and sprocket** - Snug fit, keep lubricated and clean. Check links for strength and durability.
8. **Pedals** - Make sure they spin freely and have reflectors. Bearings and spindle are well lubricated.
9. **Tires** - Properly inflate with correct pressure. Replace when worn.
10. **Wheels** - Make sure wheels are secured tightly so that they do not wobble and are unsafe.
11. **Spokes** - Check for broken or missing parts. Keep them tight and replace broken ones promptly.

TIP: *Keep your bike in good condition by keeping it clean and maintained and have it inspected once a year!*

Mercy Injury Prevention Center

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mercy.net/injuryprevention

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