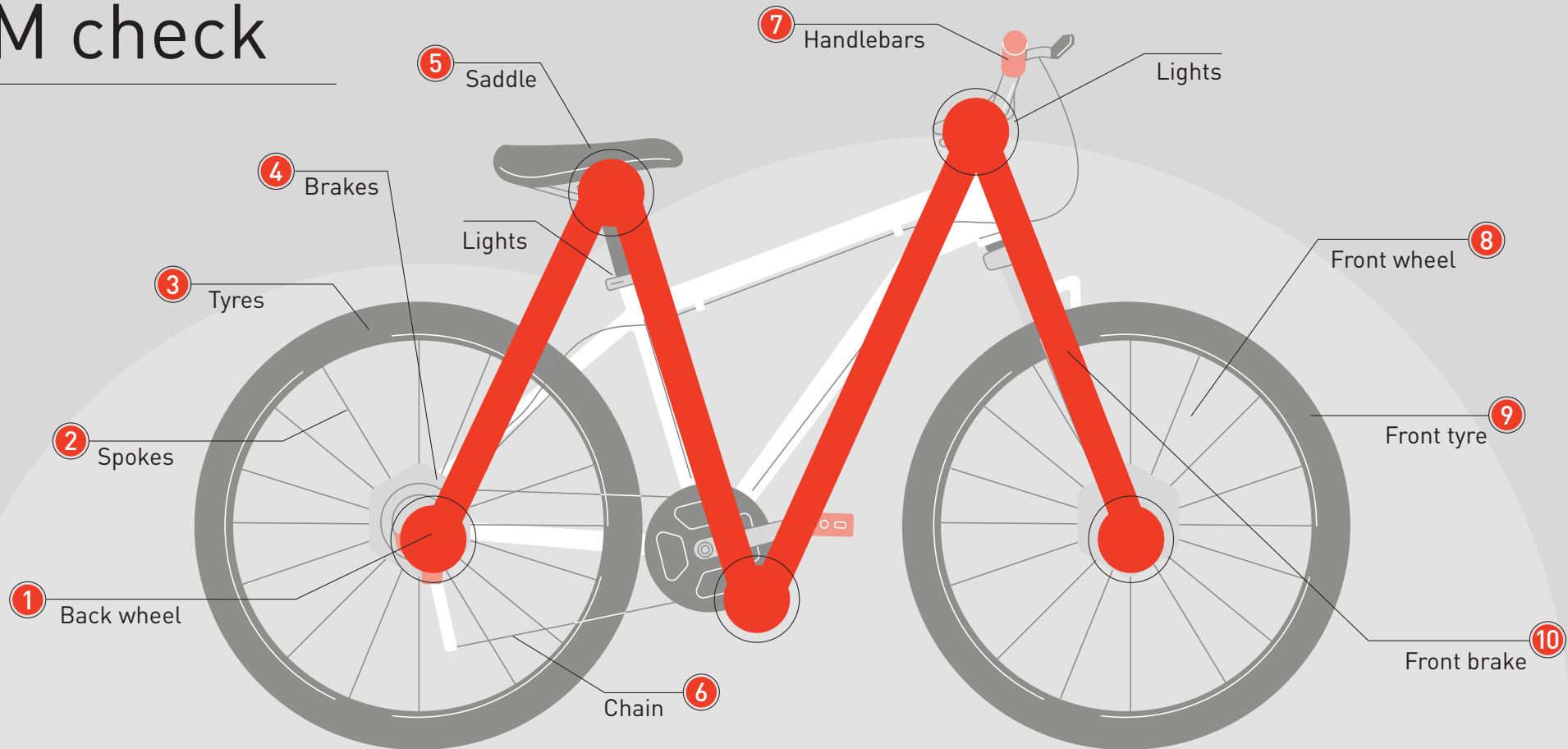


Bicycle checks

If you ride a bike, keeping it well maintained is important to keep you and others safe. A simple M check only takes a few minutes. Following the shape of the letter M means you won't miss anything out.

M check



Find out more about making safe and healthy journeys at www.brake.org.uk/Roadmap

ROADMAP to safe and healthy journeys

Brake
the road safety charity



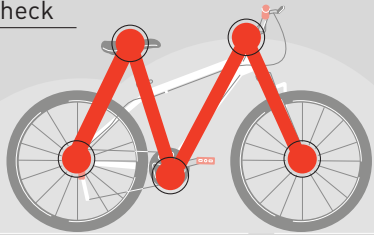
Direct Line

GREEN FLAG
COMMON SENSE TO THE RESCUE

How to carry out a simple M check on your bicycle

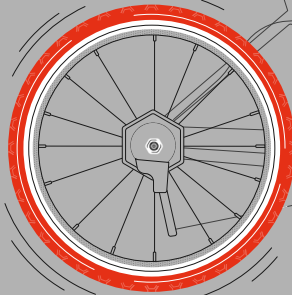
Follow our step-by-step guide to make sure your bike is fit for the road.

M check



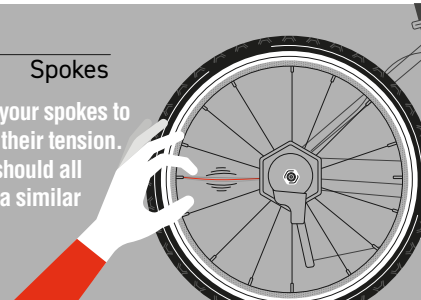
1 Back wheel

Check your back wheel is fitted securely. Give it a spin to make sure it's aligned.



2 Spokes

Pluck your spokes to check their tension. They should all make a similar sound



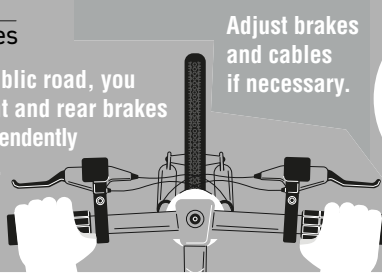
3 Tyres

Tyres should fit to the wheel rim. Look for damage and check your tread for wear. Pump up tyres to the correct pressure, which should be written on the tyre.

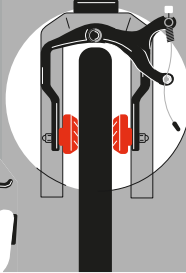


4 Brakes

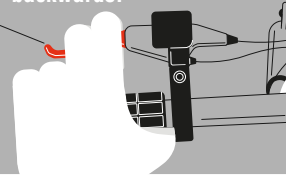
To ride on a public road, you must have front and rear brakes that work independently and efficiently. It's the law.



Adjust brakes and cables if necessary.

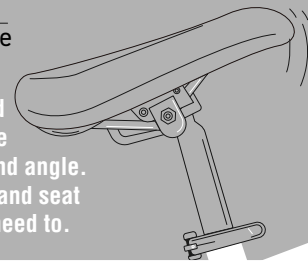


Check your back brake, by applying the brake and pushing your bike backwards.



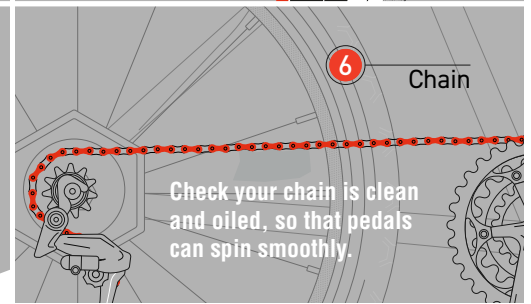
5 Saddle

Your saddle should be fitted securely at the right height and angle. Tighten bolts and seat clamp if you need to.



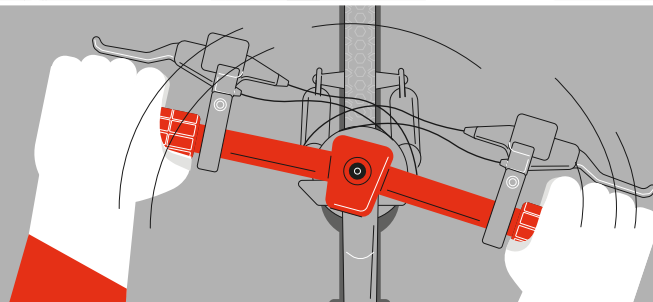
6 Chain

Check your chain is clean and oiled, so that pedals can spin smoothly.



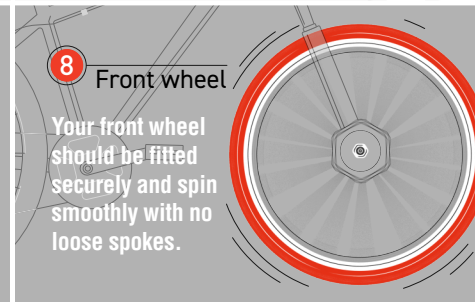
7 Handlebars

Check handlebars are tight to the stem and move in line with the wheels. Your headset shouldn't rock or sound gritty.



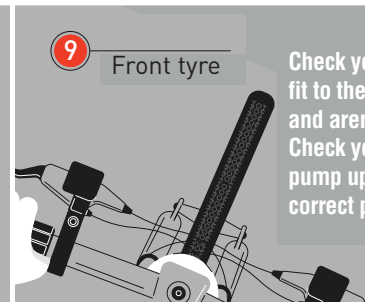
8 Front wheel

Your front wheel should be fitted securely and spin smoothly with no loose spokes.



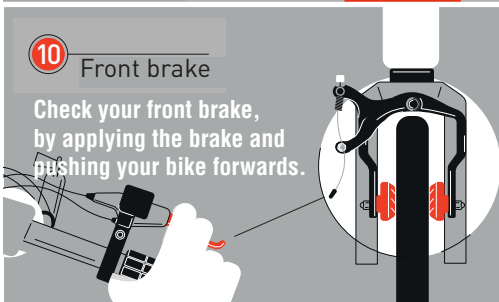
9 Front tyre

Check your front tyres fit to the wheel rim and aren't damaged. Check your tread and pump up tyres to the correct pressure.



10 Front brake

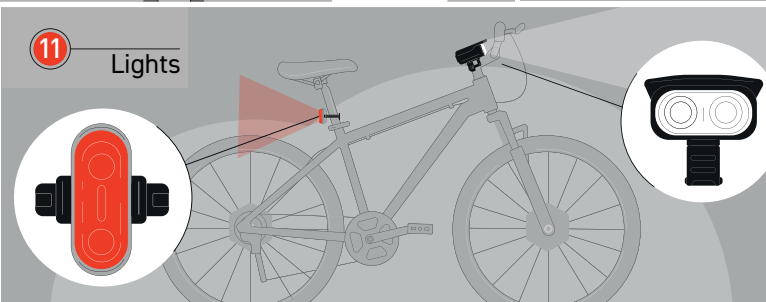
Check your front brake, by applying the brake and pushing your bike forwards.



11 Lights

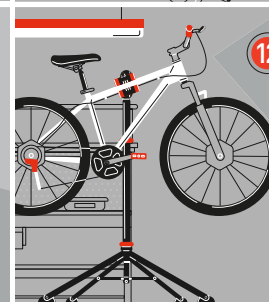
To ride in the dark, you need reflectors and working front and back lights.

Check they're clean and attached securely.



12 Maintenance

Don't forget to get your bike serviced regularly by your local bike shop, or take a course to learn how to do it yourself.



Find out more about making safe and healthy journeys at www.brake.org.uk/Roadmap

ROADMAP to safe and healthy journeys

Brake
the road safety charity



Direct Line

GREEN FLAG
COMMON SENSE TO THE RESCUE