

# **Six Point Bicycle Safety Check**

**Do a safety check each time you ride your bike!!**

## **1. Check your tires!**

**Are they in good shape?  
Are they the right pressure?**

## **2. Check the wheels.**

**Do they spin freely?**

## **3. Check the lights.**

**Do they work?  
Are all of your reflectors securely attached?**

## **4. Check the brakes.**

**Are they too stiff or too loose?**

## **5. Check the seat and handlebars.**

**Are they properly adjusted?  
Are they comfortable?**

## **6. Check the fit.**

**Are you comfortable?  
Do you have good control?**