

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?**