

Safety Tip of the Week

ABC's of Safe Bike Riding

AFRH Safety Office reminds you that May is National Bike Month, sponsored by the League of American Bicyclists and celebrated in communities from coast to coast.



AS SIMPLE AS ABC

THE ABC QUICK CHECK WILL ENSURE YOUR BIKE IS IN GOOD WORKING ORDER AND MAKE YOUR RIDE SAFER.

A: AIR

If your tires give a bit when you press with your thumb, they need some air.

B: BRAKES

When you squeeze your brakes hard, you should still be able to fit your thumb between the brake levers and the handlebars. Check that your brake pads aren't worn out – if they are, replace them.

C: CHAIN, CRANK, CASSETTE

Make sure your chain is running smoothly – lightly oiled and free of rust and gunk – by spinning it backwards a few revolutions.

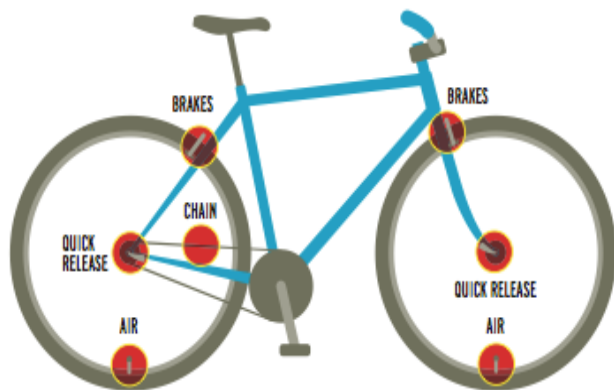
QUICK RELEASE

If your bike has quick release wheels, make sure the release levers are securely closed.

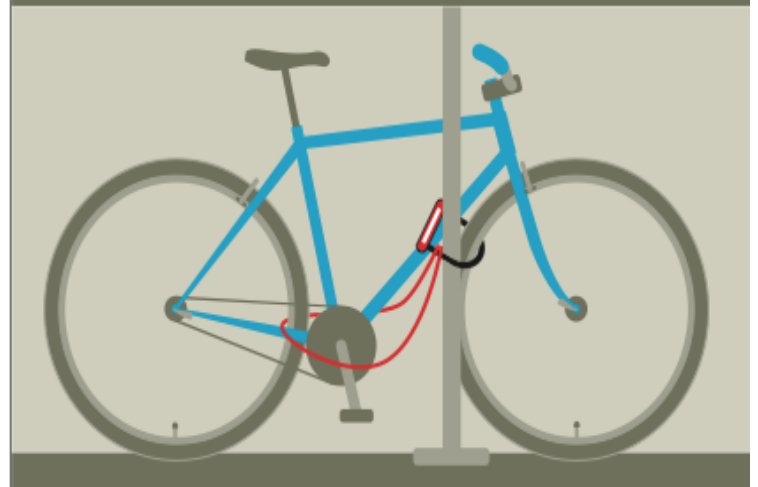
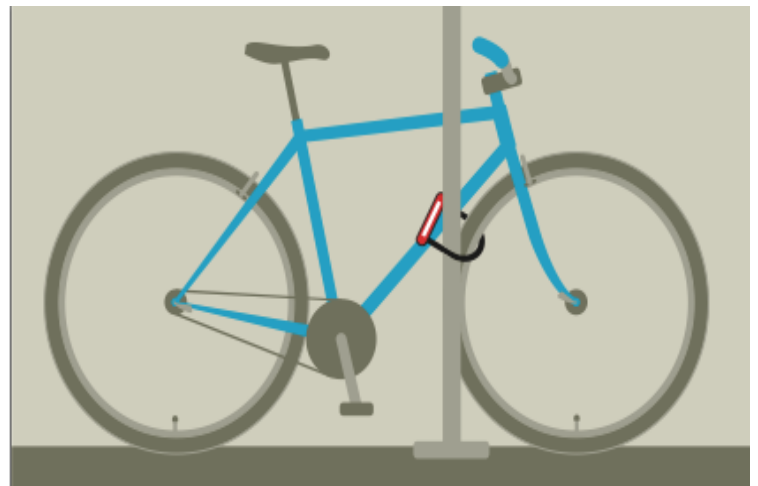
CHECK

As you start to ride, listen for any rubbing, grinding or clicking noises that might indicate something isn't working correctly.

If something isn't working properly, fix what you can and take any additional adjustments to your local bike shop. Schedule a regular tune-up for your bike.



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LOCKING YOUR BIKE

TO LOCK YOUR BIKE, USE A U-SHAPED LOCK, A HEAVY STEEL CABLE LOCK OR A COMBINATION OF THE TWO. SECURE BOTH WHEELS AND THE FRAME TO AN IMMOVABLE OBJECT.

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