

Bicycle maintenance guide



New South Wales Government



Key

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|---------------------|-------------------------|
| 1. Tyres | 11. Frame |
| 2. Wheels | 12. Handlebars |
| 3. Derailleur gears | 13. Steering bearings |
| 4. Gear cluster | 14. Cables |
| 5. Brakes | 15. Forks |
| 6. Reflectors | 16. Quick release lever |
| 7. Chain | 17. Bell |
| 8. Seat | 18. Lights |
| 9. Pedals | 19. Gear levers |
| 10. Chain rings | 20. Brake levers |



DAILY

- Tyres should feel very firm to touch. The correct pressure is written on the sidewall of each tyre.
- Check the seat is at the correct height and the seat post is tightly inserted at least 5cm into the frame.
- Lift the handlebars, spin the front wheel, apply the brakes and check that the:
 - Wheel is properly secured in the forks.
 - Quick release levers are secure.
 - Wheel rotates freely without rubbing on the brakes.
 - Gears and brakes operate smoothly and directly
- Lift the seat, turn the pedals, spin the rear wheel, operate the gears and brakes, and apply the above four stage test again.

WEEKLY

- Brakes should contact the rim squarely. Levers should not touch the handlebar when squeezed hard. Cables should not be frayed or damaged.
- Check wheel axle nuts are tight.
- Clean and lubricate the chain.
- Steering bearings – apply the front brake and rock the bike back and forward. If loose, there will be a ‘knocking’ sound. Tighten lock nut.
- Check that fittings such as racks, front and rear lights, wheel reflectors and kick stands are firmly secured.
- Clean mud from lights and reflectors, including pedal reflectors. Are front and rear reflectors aligned vertically?

MONTHLY

- Check tyres for wear or splits in the rubber.
- Check wheel bearings, chain, gear cluster, chain rings and head stem (handlebars).
- Handlebars should not be loose. Brakes are secure. Brake levers engage when gripped.
- Check pedals are intact and spin freely.
- Check that derailleur gears are not bent and that they do not travel too far and jam the chain.
- Check wheels for rust, buckles, bulges, rims with dents, and broken spokes. Check for loose hub bearings by wiggling wheel sideways.
- Make sure your bell is in good working order.
- Check front and rear lights are bright when operating.
- Wipe down your bike with a damp rag.

ANNUALLY

- Check the frame.
- Remove handlebar tape to check for rust and weakness.
- When purchasing new tyres, make sure they are the right size.
- When replacing the chain, also change the gear cluster as both generally wear out evenly.

Before working on your bike, get a book on bicycle maintenance and repair. Learn the names of the different parts. Become familiar with how your bike works and learn to recognise when it needs adjustment or repair.

Take your bicycle to an experienced bicycle mechanic at least once a year for a complete check-up and for possible overhaul of the major components.

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