

	Area	Check	Action
1	Handlebars/stem	Tight; not distorted; ends protected; comfortable height	
2	Headset/steering	No wobble; correctly adjusted; turns smoothly	
3	Brake levers	Comfortable position; firmly fixed; cable not frayed, hydraulics working	
4	Gear shifters/levers	Comfortable position; firmly fixed; cable not frayed	
5	Front forks	Appear true and undamaged; any suspension safe	
6	Front hub	No wobble; turns smoothly; wheel securely fixed	
7	Brakes (blocks/disc)	Correctly fitted and aligned; not worn away	
8	Wheels (rims and spokes)	Reasonably true; no broken/missing spokes; good rim	
9	Tyres	Good tread; no splits, cracks or holes; pumped hard; valve straight	
10	Frame	Appears true and undamaged; any rear suspension safe	
11	Saddle	Safely fixed; straight; comfortable height (unless BMX)	
12	Bottom bracket	No wobble; turns smoothly; wheel securely fixed	
13	Pedal cranks	Straight	
14	Pedals	Firmly fixed; complete; turning freely, not bent	
15	Chain wheel	Not bent; teeth not worn	
16	Chain	Not too worn, not slack, lightly oiled not rusty	
17	Front derailleur	Properly adjusted; lubricated sufficiently, not bent	
18	Rear derailleur	Properly adjusted; lubricated sufficiently, not bent	
19	Rear cassette	Properly adjusted; lubricated sufficiently, not bent	
20	Rear Hub	No wobble; turns smoothly; wheel securely fixed	

Signature of Tester ..... Date of test ..... Location .....

A free cycle safety check undertaken by a knowledgeable cyclist is not intended to be a substitute for a full service performed by a qualified mechanic. If a bike requires extra attention or replacement parts the owner should visit their local specialist cycle retailer, preferably with a Cytech Accredited mechanic. Cytech is the industry recognised technical training and accreditation scheme. You can search for your nearest shop with Cytech Accredited mechanics online at [www.thecyclingexperts.co.uk](http://www.thecyclingexperts.co.uk).

Cytech is not just for people working in the cycle trade, if you enjoy bike maintenance why not put your skills to the test and get qualified? Cytech training and qualification is available through ATG Training visit [www.atg-training.co.uk](http://www.atg-training.co.uk) for more details.