

# M Check - bike safety



Before using a bike for the first time or after a period of non-use, it is important to check the bike is safe to use. The M Check should be carried out regularly and below is a guide on how to do this.

<b>Rear Wheel</b> Check fitting	<b>Spokes</b> Check tension	<b>Tyres</b> Check inflation	<b>Saddle</b> Check position	<b>Chain</b> Clean and oiled	<b>Pedals</b> Check the spin and cranks
<b>Stem</b> Front wheel and handlebars	<b>Headset</b> Check for rocking & clicking	<b>Brakes</b> Check cable and blocks	<b>Frame</b> Check for damage	<b>Front wheel</b> Tightly fitted and secure	<b>Accessories</b> <ul style="list-style-type: none"><li>• Panniers</li><li>• Helmet</li><li>• Lock</li></ul>

## Rear wheel

It should be tightly fitted and the quick-release lever secured in the closed position. Not all wheels will have quick-release levers. If the wheel is not quick release, check that the nuts on both sides of the wheel are secure.

## Spokes

Should be of equal tension and not loose. Pluck each spoke with your finger. The sound from each spoke should be very similar.

## Tyres

If the tyre is soft, then attach your pump to the valve and pump up. Note: There are two types of valve fitting – Presta (long and thin), and Schrader (thicker and slightly shorter). Recommended tyre pressure is usually written somewhere on the tyre.

Watch this video here to learn how to inflate a tyre: <https://www.youtube.com/watch?v=kKyLKRPEtBc&feature=youtu.be>

## Saddle

Check your seat post isn't loose and that you haven't exceeded the limit marked on the seat post. Once you have checked these, use an Allen key to tighten the seat post clamp. Check the seat is secure by giving it another check once you have finished.

## Chain

Should be clean and oiled. Keeping your chain clean and oiled is important for the smooth running of your bike.

Note: Don't use too much oil as this will pick up more dirt and make the chain more difficult to clean.

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## Pedals

Make sure they spin smoothly and that your cranks are on tight, spin smoothly, and don't creak.

## Stem

Check that your front wheel and stem do not move independently, and that your handlebar clamp bolts are tight.

Perform this check by standing in front of the bike, holding the front wheel between your knees, and twisting the handlebars.



You can prevent any movement by tightening the stem bolts and the handlebar clamp with an Allen key.

## Headset

Check if there is any rocking or clicking in the headset.

Perform this check by firmly grasping the head tube with one hand and applying the front brake with the other hand. This will steady the front of the bike so that you can shake the headset to establish any rocking or clicking in the bearings.

## Brakes

Ensure that the front and rear brakes are working properly.

If the brake lever pulls against the handlebar grip, the brake cable needs adjusting.

This is done by loosening the brake cable anchor bolt, pulling the cable tighter, and tightening the anchor bolt again.

Both sides of the brake mechanism should move when the brake is applied.

If this is not happening, turn the small adjuster screw on the stationary side until both sides are moving again.

Most brakes have these adjuster screws. The brake block must pull flat to the wheel rim.

If this is not the case, use an Allen key to tighten the block in the correct position. This is done whilst applying the brake.

Finally, check the front brake by applying the brake and pushing the bike forwards, and check the back brake by applying the brake and pulling the bike backwards.

## Frame

Look for any cracks or damage. This check requires a particular focus on the area where the frame joins the head tube.

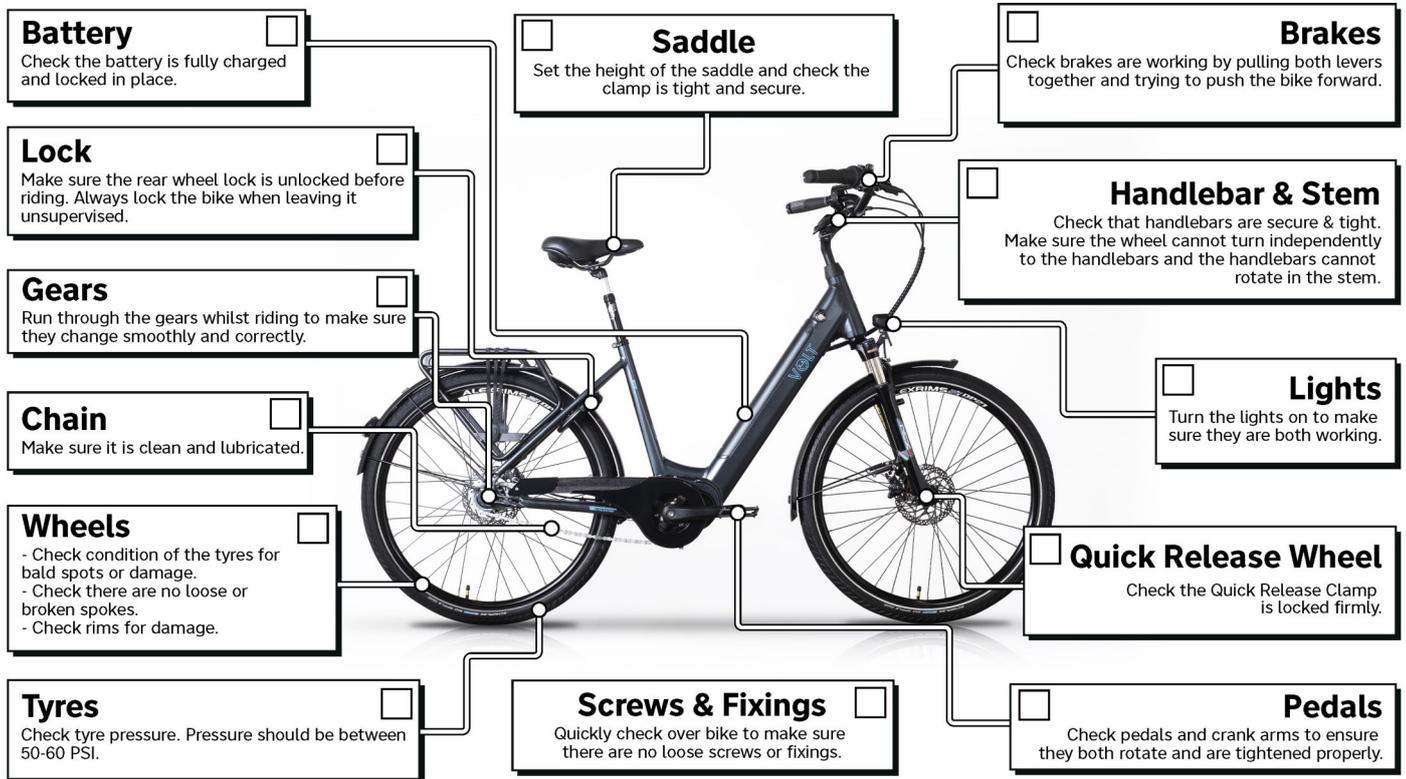
## Front wheel

It should be tightly fitted and the quick-release lever is secure in the closed position. Not all wheels will have quick-release levers. If the wheel is not quick release, check that the nuts on both sides of the wheel are secure.

# M Check - Volt diagram



Below is a diagram of a Volt ebike to give a visual illustration of where and how to carry out the safety checks. Some of the checks may be specific to the Volt.



Remember that your local independent bike shop will be able to carry out these checks for you and show you how to do them yourself.