

ABC Quick Check

The **ABC Quick Check** is an easy way for you to remember what parts of the bike you need to check in a basic safety inspection. Practice the **ABC Quick Check** so that you can do it in about 45 seconds.

Ais for Air (in your tires)

- check everything to do with tires
- are they inflated?
- are they true (the wheel should be straight)?
- is there any looseness in the axle bearings?
- is there badly worn tread?

Bis for Brakes

- are the levers far enough from the handlebars?
- are the brake pads in the proper position, not too worn?
- do the brakes fully tighten against the rim?
- are the cables worn?

also

- check the headset for looseness (apply the front brake, rock the bike back and forth)
- check the handlebars for looseness (hold the front wheel between your knees and try to twist the handlebars from side to side, up and down)

Cis for Chain or Cranks

- check everything to do with the drive chain
- is the chain on and lubricated?
- do the pedals spin freely?
- are the gear derailleurs in the correct position?
- is there any looseness in the bottom bracket?

Quickis for Quick Release

- are the levers on tight?
- are the nuts on the axles tight?
- are the levers flush against the forks?

Checkis for Final Check Over

- drop check to listen for loose parts (lift the bike a few inches off the ground, drop it and listen for loose parts)
- try your brakes as you ride off