

## Bike safety checklist

If you ride regularly, keep your bike in good working order with a weekly check. Your local bike shop is a great place to start!

### Correct bike size

You should be able to sit on the bike and touch the ground with the front of both feet, and the handlebars should be within easy reach and easy to turn. Adjust the seat if necessary.

### Brakes

- When you squeeze the brakes they should grip the wheel firmly.
- The brake lever should not touch the handlebars.
- If you have brake pads make sure they are at least 6mm thick and they aren't touching the tyres.

### Chain

Your chain should be clean, oiled and not loose.

### Bell or horn

It is a legal requirement that bikes have a bell, horn or audible warning device in working order that can be clearly heard. These are used to warn other pathway users that a cyclist is approaching.

### Tyres

Your tyres should have sufficient tread, be fully inflated, and without cuts or damage to the sidewalls or tread.

The pressure rating is marked on the sidewall of the tyre. It should be very hard to squeeze the tyre.

### Gears

You should be able to select all gears without the chain jumping, slipping or crunching while riding.

### Wheels

Your wheels should turn smoothly, have no buckles and all spokes should be connected.

### Reflectors / lights

If you ride at night or in weather conditions that make it difficult to see, you must display (either on the bicycle or on you)

- a white light (flashing or steady) that can be clearly seen at least 200m from the front of the bicycle.
- a red light (flashing or steady) that can be clearly seen at least 200m from the back of the bicycle.
- a red reflector that can be clearly seen at least 50m from behind the bicycle — when a vehicle's headlights shine on it.

### Clothing

Wear brightly coloured clothing that will make you more visible to other road users. Ensure that you don't have any loose items of clothing that may get caught in your bicycle chain or wheel. Closed toe shoes should be worn.

### Helmet

Wear a helmet that meets Australian standard AS/NZS 2063:2008. Make sure your helmet is properly fitted on your head.

### Sun protection

Keep yourself safe from sun exposure by wearing clothes that cover most of your body, wear sunscreen and slide on sunglasses.

### Lock it up

Take a bike lock to secure your bike once you reach your destination.

**For more information, visit:** <https://www.tmr.qld.gov.au/Travel-and-transport/Cycling/Cycling-safety/Safety-check>