

# Helmet and Bike Check

## Your pocket guide

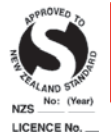
[www.transportforchristchurch.govt.nz/cycling](http://www.transportforchristchurch.govt.nz/cycling)

Christchurch  
City Council 

## Notes

Look for the safety standard sticker before you buy.

Remember, if your helmet has a crack, it's done its job and needs to be replaced.



Your helmet sits low and level on your head.

Allow two finger widths above your eyebrows.



Adjust the tightening device at the back of your head if there is one.

The side straps form a “v” under your ears.

Adjust the sliders to lock them into place.



Buckle your chin strap and tighten.

No more than one or two fingers should fit under.



## PRE-RIDE BIKE CHECK

The 20 second check to do before you hop on your bike.

Every 3 months do a more thorough check including lubrication, checking your frame, testing your gears and securing all nuts and bolts. Any issues, consult your *local bike shop*

For more information visit [www.transportforchristchurch.govt.nz/cycling](http://www.transportforchristchurch.govt.nz/cycling)



### 1. Red Rear Reflector

By law you need to have a red rear reflector. It helps you to be seen.

### 2. Brakes Working

Check brakes by pushing bike along and pulling on each brake lever in turn. Feel brakes gripping each wheel, stopping them turn.

### 3. Tight quick release levers or bolts

Check all quick release levers on seat stem and wheels are tight and closed in.

### 4. Tyres fully pumped and have tread

Push down on the top of each tyre with your thumb. If you can't make an indent, you're good to ride! If your tread is wearing down to bald, it's time to change your tyres.