



Smarter Travel

Behaviour Change Programme

Keep your bike in good health!

Do the 'M' check

Has your tyre got good tread? Is it fully pumped? Are your wheelnuts tight? Are your brake pads in good condition and in the right position? Is your back light working? You can also check the gears and chain here for any abnormalities.

Is your seat comfortable in a fixed position and at the right height - are you on tip toes when seated?

Are your handlebars fixed and secure and in-line with your wheels? Are your brakes working? Are your brake cables fraying or rusty?



Is your chain well oiled? Is your chain slack minimal? Are your pedals securely fixed to crank and axle?

Does the wheel turn without wobbling? Do the same checks on your front wheel as you did on the back.

If the answer to any of these questions is no, **then tighten it, heighten it, lower it, pump it!**

If you are not sure or don't have the tools, take your bike to your local friendly bike shop.

www.smartertravel.ie