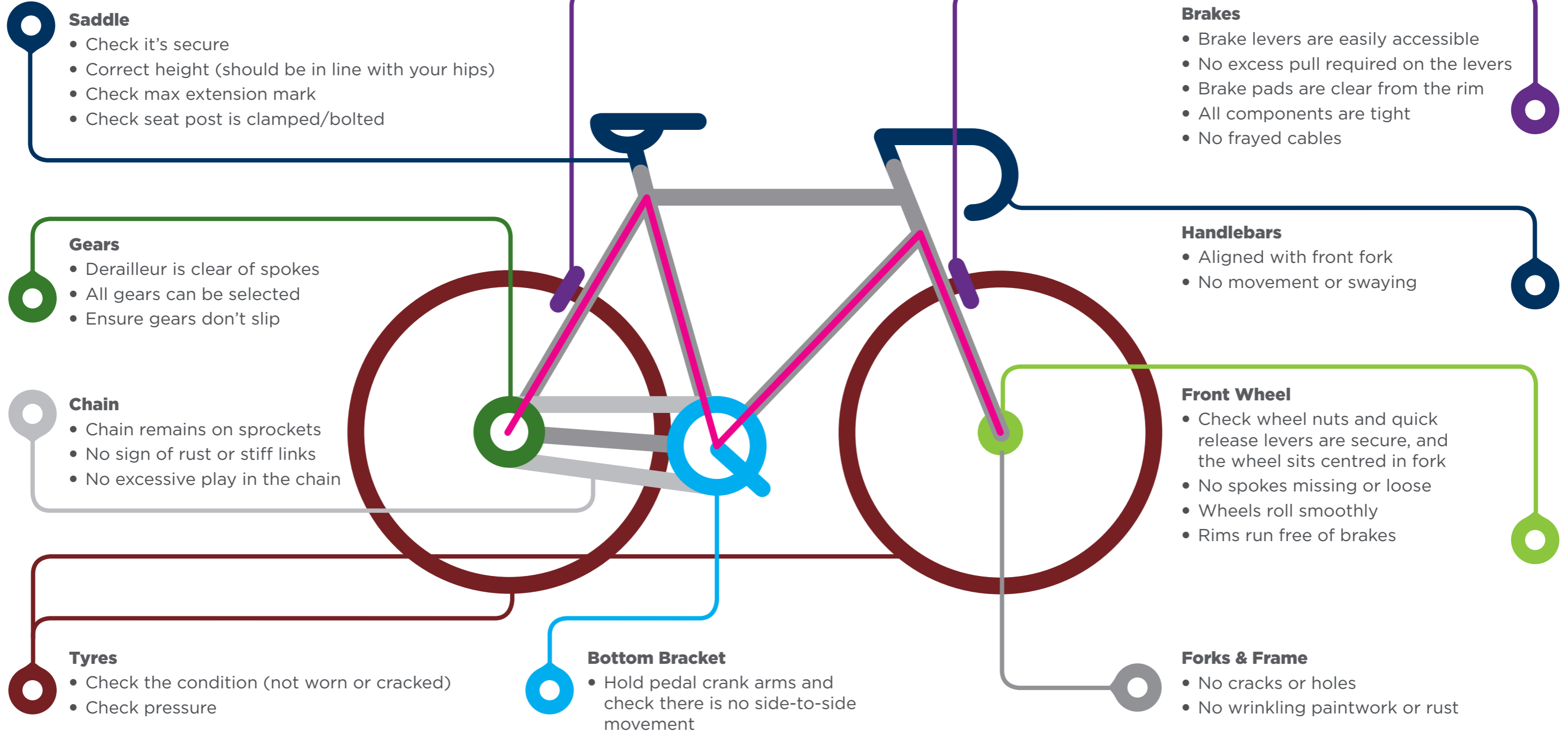




# BIKE SAFETY

# THE 'M' CHECK



**REGULAR 'ABC' CHECK THAT SHOULD BE DONE BEFORE EVERY RIDE**

**A = Air (inflated tyres?)**  
**B = Brakes (front & rear ok?)**  
**C = Chain (seizing, slipping or rusting?)**