

# PRACTICAL LESSON FLAT TYRE



LEARNING GOAL	APPLY CONCEPTS OF BIKE MAINTENANCE IN PRACTICAL SITUATIONS (FIXING A FLAT TYRE) AND DETERMINE THEIR EFFECTIVENESS		
<p>1. Take the wheel off and lever out the first tyre bead opposite valve.</p> <p><b>TIP!</b> Chain in smallest cog at the back and wheel on the ground.</p>	<p>2. Once the bead is off the rim, remove the tube.</p> <p><b>TIP!</b> 2-3 levers work best.</p>	<p>3. Check the tube, check the rim tape, remove debris, and fix puncture or replace tube.</p> <p><b>TIP!</b> Use a glove or rag to wipe out tyre and rim.</p>	<p>4. Reverse steps 2 &amp; 1.</p> <p><b>TIP!</b> Put some air back in the tube before putting it back into the rim.</p>



## GLOSSARY

**TYRE LEVERS** - Plastic levers that assist in changing a tyre. Normally come in packs of three and have a flat end and a hook end.

**TYRE WALL** - Part of the tyre measured from wheel rim to top of the tread. Indicates recommended tyre pressure.

**CO2 CARTRIDGE** - Small metal containers of compressed CO2.

**QUICK RELEASE SKEWER** - Attaches the wheels to the bicycle.

**TYRE BEAD** - The wire edge of the tyre which is typically very strong and robust to prevent the tyre from coming away from the wheel rim.

**REAR DERAILLEUR** - Mechanism on bicycles to chain gears by moving the chain from one cog to another (jockey wheels).

**PUMP GAUGE** - A device on a floor pump that indicates PSI or millibars (BAR).

**PSI** - Unit of measurement for tyre pressure. Measured in 'Pounds per Square Inch'.



# PRACTICAL LESSON **FLAT TYRE**

**BQ** BICYCLE  
QUEENSLAND

