

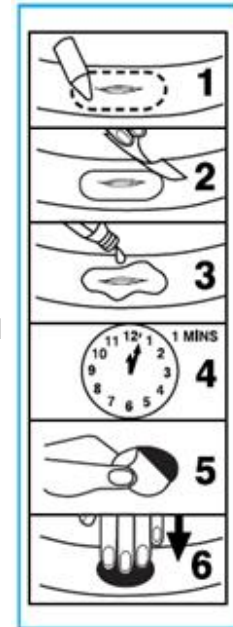
Information Sheet

Removing the Inner tube

- Place the bike somewhere safe where you'll have room to work . Check your tyre for any obvious causes of the puncture, like a thorn or nail, and carefully remove.
- Loosen the wheel nuts with the spanner, or undo the quick release bolts if your bike has them. Remove your wheel and check that the inner tube is deflated.
- On the opposite side to the valve, push the tyre wall away from the wheel rim. Insert the flat end of a tyre lever into the gap, then hook the other end onto a spoke.
- Move the tyre around about 4-5 inches and repeat, working your way round to free one side of the tyre from the rim.
- Slowly remove the inner tube one section at a time, pushing the valve out carefully.
- Check the inside of the tyre for anything that might have caused the puncture, and remove.
- If you have a spare inner tube, now is the time to insert it and pump it up. If not, you'll have to repair the puncture using the following instructions.

Fixing the Puncture

- Locate the puncture by listening for escaping air or by placing the tube in water and watching for bubbles.
- Once you've found it, remove any objects embedded in the tube then mark the spot with the crayon (1).
- Roughen the surface around the hole with sandpaper (2) and ensure the tube is dry.
- Decide on the size of patch to be used, and then apply the rubber glue to the area around the puncture (3), making sure that the area covered is about the same size as the patch being used. Leave to cure for 1 minute (4).
- Separate the clear film holding the patch from the foil carrier, and apply the patch to the puncture area, applying pressure around the seal area with the fingers (5&6).
- Peel away the clear film, leaving the patch on the tube.



Replacing the Inner tube

- Check the inside of the tyre for any objects that could puncture it again, and remove.
- Put a small amount of air into the tube, before inserting the valve back into the wheel. Tuck the tube into the tyre all the way round, then tuck the tyre back over the wheel rim (starting opposite the valve this time).
- As you come to the final seating of the tyre (at the valve), push the valve back into the hole, seat the tyre and pull the valve back through.
- Use your bike pump to inflate the tyre to the recommended pressure (normally found written on the side of the tyre), and refit the wheel onto the bike.

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