



**Blairvadach
Bytes**

How to fix a puncture

Getting out on your bike is a great form of exercise and is environmentally friendly too!

Do you know how to fix a puncture if your bike is out of action?

With some basic, affordable tools and a bit of know how it is easy!



Step by step process:

- 1. Remove the wheel from your bike**
 - 2. Remove tyre & innertube from wheel**
 - 3. Locate puncture & identify cause**
 - 4. Carefully remove any sharps from tyre**
 - 5. Lightly sand area around the hole**
 - 6. Apply a thin layer of rubber glue to tube & patch**
 - 7. When glue is 'tacky' apply patch to puncture & firmly squeeze flat**
 - 8. Once dry, re-inflate tube to check repair**
 - 9. Locate tube back in tyre on wheel**
 - 10. Inflate tyre to recommended pressure (see tyre side wall)**
- See video for more details & handy tips***

