



How To Fix A Loose Bicycle Pedal And Check For Damage

This is a guide to tighten a loose pedal and check for damage on a standard bicycle.

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INTRODUCTION

A loose pedal can be dangerous for bicycle riders. This guide will show you how to check for damage and tighten the pedal on your bike.

TOOLS:

- [Allen Wrench \(1\)](#)
- [Smart Wrench \(1\)](#)

Step 1 — How To Fix A Loose Bicycle Pedal And Check For Damage



- Flip the entire bicycle upside down, balancing the weight on the seat and handle bars.
- *(i)* This will keep the bicycle stable while you work on it.

Step 2



 You will need an Allen Wrench or a Smart Wrench for this repair.

- If you are using an Allen Wrench, insert the head of the wrench into socket located on the pedal arm.
- If you are using a Smart Wrench, place the jaws on the nut located between the pedal and pedal arm.
- Loosen the pedals by turning the right pedal counterclockwise and the left pedal clockwise.
- Remove the pedal from the socket.

Step 3



- Check the socket and bolt for rust and worn threads.

 If you notice damages like rust or worn threads, you will need to refer to a separate repair guide specific to the type of damage.

- If you do not see any damage, continue to Step 4.

Step 4



- Place the pedal back in the socket and tighten it until it is secure.
- *i* To tighten the pedals, turn the right pedal clockwise and the left pedal counterclockwise.
- Once you feel resistance, turn the pedal about 1/8 of a rotation further to properly tighten it.
- ⚠ DO NOT use excessive force when you are tightening the pedal. This can lead to difficulty removing the pedal in the future.

If both pedals need tightening follow the steps again, remembering to turn the opposite directions for tightening and loosening.