



# Skateboard Bearing Maintenance

By the end of this guide you will know how to properly maintain and take care of your bearings.

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# INTRODUCTION

If you are thinking of reusing your bearings for a new skateboard setup, it is advised that you use the guide in order to prolong the life of your bearings.

## TOOLS:

- Compressed Air (1)
- Lint-Free Cloth (1)
- Paper Towels (3)
- Utility Knife (1)
- Phillips #1 Screwdriver (1)

## PARTS:

- Skateboard Bearing (8)
- Bearing Lubricant (1)
- Citrus Based Cleaner (1)

## Step 1 — Skateboard Bearing Maintenance



- Protect your work area such as a desk with paper towels or newspaper.
- Be sure that the environment in which you are performing this work is well ventilated and uncarpeted.
- Remove your bearings from your wheels, if they are not removed already. Please reference the [Wheel Installation](#) guide for information on how to properly remove bearings.

## Step 2



- Set out your two metal containers and fill them with just enough of your Citrus Based Cleaner to fully submerge one bearing. One container will be for cleaning and one will be for rinsing.

 Be sure to wash your hands when finished dealing with the Citrus Based Cleaner as these chemicals can be harsh on skin. Gloves are optional but recommended.

## Step 3



- Remove ONE shield from your bearing using the small point of a utility knife. This will allow the chemicals to enter the bearing more freely when the bearing is submerged.

## Step 4



- Submerge your bearing in the cleaning container for 15 - 20 seconds to allow the solvent to soak into the bearing.

## Step 5



- After submerging the bearing, remove it from the cleaning solution and begin to scrub off any dirt or grease with a toothbrush.

*(i)* You may also scrub the shield that you removed so that it can be cleaned as well.

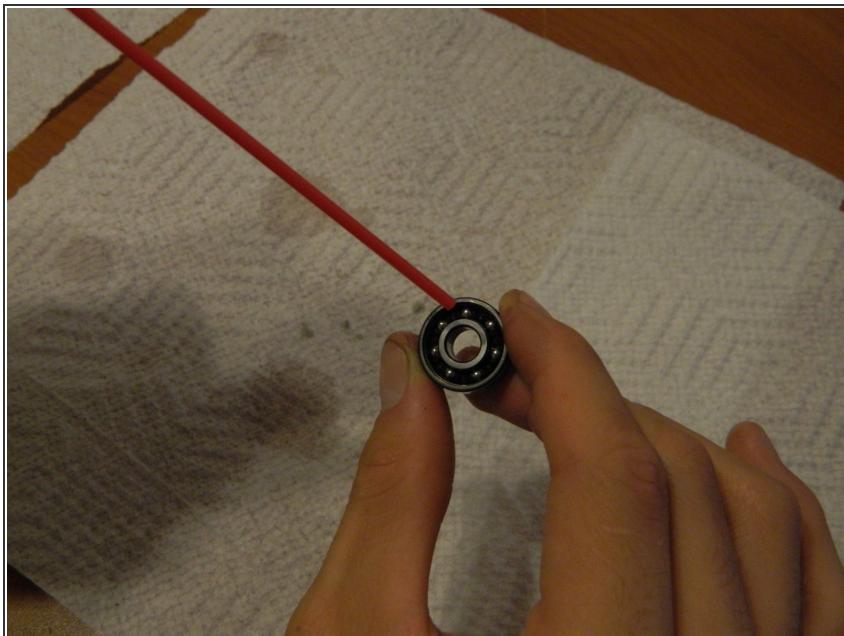
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## Step 6



- When finished scrubbing the bearing, rinse it in FRESH cleaning solution until there is no dirt or old lubricant in the bearings. Then set this bearing aside.
- Repeat steps 4 - 7 for your remaining seven bearings. Be sure to continue to refresh your rinsing solution if it becomes too dirty.

## Step 7



- Once you have cleaned all of your bearings, use a can of compressed air to blow any of the cleaning solution out of the bearings.

*(i)* Do this as soon as possible to prevent rust from forming.

## Step 8



- Carefully blot your bearing with a lint-free cloth to remove any excess cleaning solution.
- *i* Be careful not to get any fibers stuck in the bearing. One tiny piece of hair or lint can severely reduce the performance of your bearing.

## Step 9



- After you have thoroughly dried your bearing, you can now relubricate the bearing. To do this, simply coat all inside parts with the lubricant and spin the bearing in order to disperse the lubricant fully.

**i** Make sure to spin the bearing immediately after the lubrication process.

**!** Warning! The bearing lubricant is harmful if swallowed and can cause skin irritation. Be sure to keep away from open flames because the lubricant is flammable.

## Step 10



- Carefully wipe the bearing with a lint-free cloth that is slightly oily. After this you can replace the protective shield by simply pressing it into place.
- Repeat steps 8 - 7 for all other bearings. After you have completely relubricated all of your bearings, see the [Wheel Installation](#) guide to help you install your bearings into your wheels.

Cleaning and maintaining your skateboard bearings is crucial to their extended use. This process can be repeated as often as desired by the rider.