



Did your bearings get wet during an outdoor skate? Or even a bit damp? It might not be too late to save them, if you act now! Clean them right away and dry them all the way out. Use Better Bearings cleaner to help against rusting. Here's a quick guide on how to clean your bearings. We recommend you use Better Bearings cleaning products.

You will need:

- Skate tool.
- Pin or needle.
- Better Bearings Wash.
- Better Bearings Lube. (Save yourself some \$\$ and grab a BB Service Pack)
- Bearing press or bearing pull tool.

First, remove your wheels from the skate axle. Undo the axle nuts with your skate tool (righty tighty, lefty loosey). Check your nuts for any damage. If they unscrew easy or are rusted, they may not be holding your wheel in place. Replace them with Better Bearing tough nuts.

Take the bearings out of the wheel hubs, by using a bearing puller / tool. If you're very careful, you could use a skate axle to pry the bearing out of the wheel hub, although this is not recommended (unless you're super experienced at doing it and can do so, without mucking your bearings up).

Take off the bearing shields by putting the tip of a pin or needle between the inner race and shield, flicking them off. Be careful not to damage the shields. Clean them off using a clean, dry cloth and check that they sit flat on a table. Their job is to protect your bearing - so if they are bent or damaged they will let dust into the bearings, or worse, stop the full motion of your wheel. If they're too damaged replace them.

Go to [betterbearings.com.au](http://betterbearings.com.au) to watch a video of shield removal, if you need more help.

Place your unshielded bare bearings into a bowl or container and cover with Better Bearings Wash. Give them a good shake around. We recommend you use a longer thinner bottle, so there's plenty of shaking space.

Don't leave your bearings in any cleaning fluid for longer than 10 minutes maximum. Pull them out, one by one, and lay them onto some absorbent paper towel. Have a look for any remaining grime inside the bearings. Give them a spin in your finger tips to see if they are running clean and fast. Are they making heaps of noise? If so, this is a good sign that they're either pitted or rusted, or generally ready for the bin. If they're still dirty, replace the fluid and give them another shake up.

Take all bearings out of the cleaner and place on a new piece of paper towel. Give them a good spin in your finger tips to help flick any cleaner out of the bearing races, watch for spray in your eyes. Let them dry out 100%. Sometimes if we are in a hurry, we use air in a can.

Place 1-2 drops of Better Bearings Lube onto the bare bearings and give them another spin to help coat all internal areas with the oil. Don't use too much lube, as it will leak out the sides and attract dirt (or worse - glitter!) which sticks to the bearings and wheels and effects the action.

Replace the shields by simply lining them up and gently popping them in place. Gently!

Re-seat bearings into your wheel hubs by using a bearing tool. Be careful with the pressure you use on the inner and outer races, and again, be mindful not to bend the shields.

Clean off your axles and replace your wheels. When tightening your axle nuts, make sure you don't crush the bearings, and that there is enough room for your wheels to roll freely.

Stuck?

Can't get your bearings or skates back together? Email us at [info@betterbearings.com.au](mailto:info@betterbearings.com.au). For more information and warranty, please check our website [www.betterbearings.com.au](http://www.betterbearings.com.au). Also, download a copy of this handout or 'How to be your own skate tech', which describes skates and their purpose, from our website.