

# HOW TO STOP YOUR GRIPS TURNING

By Denise Siinmaa.

1 : Get yourself some electrical contact cleaner.

2 : Remove the slipping grip from the handle bar. (*you may need to slip a screw driver under the grip and spray some contact cleaner under the grip to help it slip off*) Make sure the grip does not have any holes in it. If they have replace the grips and use the following procedure to fit them.

3 : Spray contact cleaner into the inside of the grip then wipe it out with a clean cloth.

4 : Spray the handle bar with contact cleaner then wipe off with a clean cloth

5 : Liberally spray the handle bar and the inside of the grip with contact cleaner then as fast as you can slide the grip back onto the bar. (*the contact cleaner should make it easy for the grip to slip on*)

If the grip gets stuck part of the way use a screw driver to prize under the grip and spray some more contact cleaner in the gap then as fast as you can slide the grip on the rest of the way.

6 : Wait a few minutes for the contact cleaner to evaporate ( *you will know because the grip will not twist anymore*) Once the grip is tight get some tie wire and on each end of the grip make a loop around the grip with the wire. Twist the wire tight around the grip then cut off the excess wire where you have twisted it. Knock the end of the twist over into the grip so as they do not stick out. The wire seals the ends of the grip to stop water from getting in. So long as the wire is there and the grips have no holes in them you should have no slippage at all.

USE THE FOLLOWING PICTURES TO HELP YOU THROUGH

# How To Apply Grips



First you take a can of contact Cleaner.



Then spray the cleaner into the grip.



Also spray the bar with the cleaner.



Wipe the inside of the grip with paper towel.



Then wipe the excess off the bar.



Spry contact cleaner into the grip again.



Spray the cleaner liberally onto the bar.



Work the grip on to the bar.



Twist wire around the ends of grips and twist around and around.



Cut off the end of the wire making sure that all sharp ends are not exposed.