

Bearing cleaning manual

**you can click on the pictures for more info on them in the webshop.*



Step 1:

- Get your bearings out of your wheels by using the Bones Bearing Tool. This tool will prevent damage to your bearings and it's a lot easier to get them out.
- You can just pull, but wiggling also works really well.
- Put your wheels in warm water with dish soap. We're going to clean them later.



Step 2:

- Carefully remove the shields from your bearings using a safety pin or hobby knife/snap-off blade cutter.



- Put the shields in a little bowl with warm water and dish soap. We're going to clean them later.

Bearings can have a shield on both sides of the bearing, or just on one side with the other side being open. Most of the time the shields have a bright colour and can be removed.



Some bearings can't be opened at all. So these can't be cleaned or lubricated.

And there's the type that has a metal shield, held on by a C-ring, commonly on both sides. You can still remove these, it's just a little more work.



Step 3:

- To clean and degrease your bearings use the Bones Bearing Bottle and the Bionic Bearing Cleaner. Put the cleaner in the bottle.



- Take an old toothbrush and dip it in the degreaser and brush your bearings so the bigger bits of dirt and grease will come out. Brush until all the bits have come loose.
- Take the wing nut off the rod attached to the cap and take the spacers off. Place the first bearing on the rod, followed by a spacer. Fill the rod alternating bearings and spacers and put the wing nut back on. The rod will fit 8 bearings. Put the cap on your filled bottle and make sure it's closed properly.

Step 4:

- Shake the bottle for about 1 minute to make sure the fluid gets in the bearings to loosen up the grease and dirt. If necessary you can use an old toothbrush to get dirt out. Put the bearings back in the bottle to rinse them again with the cleaning fluid.
When there is no more grease or dirt in the bearings, leave them in the bottle and set it aside for 10 minutes. This will make all the dirt sink to the bottom of the bottle.
- While waiting for this you can clean, rinse and dry your wheels.
- Clean your wheels by washing them in warm water with dish soap. Let them soak a bit if necessary, and use a brush to thoroughly clean them. Rinse and dry them and they are ready to go again.

We are now going to rinse the bearings so all degreaser, and with that the last bits of dirt, are gone. There should never be any degreaser left in the bearing, this is very important. Degreaser and oil are enemies, and they will wreck bearings because they work against each other.

We rinse the bearings with really hot tap water. The water will wash away all degreaser but will also heat up the bearing. Because the metal gets really hot, the water will evaporate and the bearings will dry fast. It's essential to dry bearings fast, this will prevent rust from forming on the metal races.

Step 5:

- Carefully take the cap off your Bones Bearing Bottle so all the dirt stays at the bottom.
- Run the rod with the bearings under a hot tap. Make sure the water is really hot!
- Try to turn your bearings a bit, without burning your fingers, so they rinse out completely.
- When they are completely clean, take off the wing nut and put your bearings on a clean tea towel.

If you notice the bearings are not clean yet, you can use a toothbrush to dislodge the dirt and grease and repeat step 3, 4 and 5.

We are now going to dry the bearings quickly. Because we used hot water the bearings are heated and will dry really fast.

Step 6:

- Dry your bearings by blowing the moisture out, for instance with your mouth. It's a good lung-training!
- You can also use canned-air, a (small) air compressor or a hair dryer. Putting them on the heater is also a way.
- Don't use paper or tissues to dry your bearings. Tissues will leave little bits of paper in your bearings and pollute them and can even ruin them in the long run.

Step 7:

- Repeat step 3 through 6 for the other half of your bearing set.
- While you set aside the bottle again to have the dirt set on the bottom, you can clean and dry your shields.
- Clean your shields with warm water and dish soap. You can use a toothbrush or a (paper) towel. Make sure they don't bend or get damaged. Rinse and dry them, and they are ready to go.

Everything is now clean and dry. We are now going to lubricate the bearings and we'll use a bearing oil like Bones Speed Cream.



Step 8:

- Put your clean and dry bearings in a row on a bit of kitchen cloth/paper.
- Every bearing gets one, or two drops of oil, no more! Too much oil will attract dirt, and that's not what you want.
- Pick up your bearings one by one between your thumb and your index finger, touching only the inner race of the bearing. With your other hand give the outer race a swing so the oil can spread out and cover the races of the bearing.

Step 9:

- Get your clean and dry shields and carefully press them back on the bearings, make sure they don't bend. You can feel a tiny 'click' when they get in place.

You can now put the bearings back in the wheels and your are ready to go skate!

Have fun!

