

Cleaning Your Bearings

How do you do it?

What do you Use to Do it?

Everyone has these questions and everyone seems to have a different approach --
so --

A noted skating dealer and speed skater has provide the how "HE" went about the
process --

Hopefully this will benefit everyone

Clean bearings are happy and fast bearings. Here is how to clean a bearing with a removable shield - if the shield doesn't remove, just ignore those steps

Tools Required:

- Small bowl or metal pan
- Safety pin
- Bearing cleaner (Boss Citrus Cleaner is recommended)
- Small cleaning brush (a toothbrush will work fine)
- Rags/towels

Step 1: If you have removable shields - insert the end of the safety pin into the end of the C-ring holding the shield onto the bearing. Gently pry the C-ring up and towards the center of the bearing; remove the shield taking care not to damage it.

Step 2: Place bearing in container or bowl and flush with Citrus Cleaner to remove contaminants. Use the small brush to remove major particles. Repeat this step if necessary by using new clean solvent to re-rinse the bearing. Gently spin the bearing and then place it on paper towel, or similar, to air dry.

Step 3: After the bearing is completely dry, apply 1 to 2 drops of a good lubricant (like Boss High Speed Lubricant) to the inside of the bearing. Rotate the bearing, slowly working in the lube around all of the moving parts.

Step 4: Apply shield by placing it on bearing, then slip on end of the C-ring into the groove next to the shield. Slowly work remaining length of C-ring around groove until it snaps into place.

Step 5: Install bearing into wheels and then spin again to ensure lubricant is worked into all parts of the bearing and it turns smoothly.

Clean and lubricate your bearing often. Avoid water and sand at all times. Should your bearings become wet, clean and lubricate them immediately.

NOTE: Use extreme caution whenever working with cleaning solvents. Boss Citrus Bearing Cleaner is not for human consumption and is toxic.