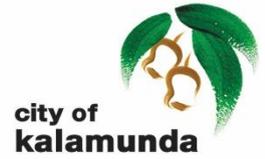


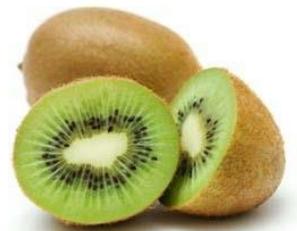
City of Kalamunda



Smoothie Blender

Bike

USER GUIDE



SAFETY FIRST

The following information is intended as a guide for the safe use of the Smoothie Blender Bike.

It is the responsibility of the organisation using the equipment to thoroughly read through the risk assessment and operating procedures, and to use with due care.

Contents

Risk Assessment.....	3
Getting Started.....	6
Tips to Smooth Riding.....	7
Recipe Ideas.....	8
Troubleshooting.....	9
Fender Bender Assembly Instructions.....	10

Risk Assessment

Please read each section of the risk assessment carefully. It is important that you consider each of the procedures which have been recommended to reduce the risks associated with using the equipment. Please contact the City of Kalamunda if you have any queries.

THE SMOOTHIE BIKE MUST BE SUPERVISED AT ALL TIMES

Hazard	Risk Level			Control and/or Procedures in place - to reduce risk
	Likelihood	Consequence	Risk Rating	
<u>Facility</u>				
Surface condition eg. uneven surface, slippery	C	2	M	Visual check of flooring before session. Ensure bike is on flat even surface. Ensure adequate shade is available from trees, marquees or shelter if outdoors or air-conditioning or heating if indoors. Move indoors or cancel the session in the event of extreme weather conditions (extreme heat, rain or wind etc.)
Weather conditions e.g. heat, rain, strong winds etc	C	3	H	
<u>Use of Bike</u>				
Falling off the bike or injury getting on/off	D	2	L	Ensure bike is on flat even surface. Adjust seat to a suitable height. Enforce minimum height limit to prevent injury to young children. Ensure first aider is on site. Staff to warn participants. Staff supervision. Ensure shoe laces are not loose or un-done. Do not allow for bike to be in motion without a blender. Explain safety hazards. Staff to ensure supervision at all times. Ensure first aider is on site Encourage participants not to over exert. Staff to assess capabilities. Ensure first aider is on site.
Pedal 'kick back' hitting participants, damaging clothes	C	3	H	
Shoe laces getting knotted in chain/pedal	C	2	M	
Members of public touching dangerous parts of the bike especially during motion, eg chain, roller axle, blade rotator	C	2	M	
Over exertion by participant	D	1	L	
<u>Use of Blender</u>				
Connection between blender and blade rotator	C	2	M	Only place blender onto the bike when the blade rotator is at a stand-still. Ensure blender is sitting in the slot firmly with the strap clipped on.

Safety strap of blender flinging back	C	3	H	Staff to clip on safety strap to ensure blender has been clipped in safely.
Blades in blender	D	2	L	Always ensure that the lid to the blender is attached properly before participants start pedalling. Never allow participants or staff to put their hands inside the blender, even when detached from the bike (with the exception of cleaning with due care).
<u>Safe provision of food/beverage ingredients</u>				
Choking hazard	C	3	H	<p>Ensure the smoothie has been mixed in the blender for long enough to become liquidised and free of choking hazard.</p> <p>Ensure all food/beverages are within the use by dates. If required, adequate cool storage of fruit products, juice and milk. Ensure blenders, work surfaces, chopping boards, and utensils are rinsed or wiped down regularly. Ensure when preparing fruit, hands are washed and/or sanitised. Ensure participants drink their smoothies within a reasonable timeframe to prevent contamination. Provide bins for disposal of unwanted drinks.</p> <p>Immediately clean up spillages and display 'wet floor' signage if required.</p> <p>Certify that all participants are free of intolerances or allergies to smoothie products offered. Staff to have access to phone or mobile phone in case of an emergency.</p>
Consumption of unsafe food products resulting in illness	D	2	L	
Contamination of unattended smoothies	D	2	L	
Slippery floors related to drink spillages	C	3	H	
Intolerances and allergic reactions	D	1	L	
<u>Transport</u>				
Risk associated with transporting and handling the bike	C	3	H	Ensure equipment is packed for transport safely. Ask for assistance if equipment is too heavy to load/unload.

RISK RATING MATRIX

		Consequence				
		Insignificant No injuries, low financial cost	Minor First aid treatment, on site release immediately contained, medium financial loss	Moderate Medical treatment required, on site release contained with outside assistance, high financial loss	Major Extensive injury, loss of production capability, off-site release with no detrimental effects, major financial loss	Catastrophic Death, toxic release off-site with detrimental effects, huge financial loss
		1	2	3	4	5
Likelihood						
Almost Certain Expected to occur in most circumstances	A	High (H)	High (H)	Extreme (E)	Extreme (E)	Extreme (E)
Likely Will occur in most circumstances	B	Medium (M)	High (H)	High (H)	Extreme (E)	Extreme (E)
Possibly Might occur sometime	C	Low (L)	Medium (M)	High (H)	Extreme (E)	Extreme (E)
Unlikely Could occur sometime	D	Low (L)	Low (L)	Medium (M)	High (H)	Extreme (E)
Rare May only occur in exceptional circumstances	E	Low (L)	Low (L)	Medium (M)	High (H)	High (H)

Hierarchy of Controls

1. Eliminate – Remove the hazard completely
2. Substitute – Replace the hazardous substance or process with one which is less hazardous
3. Isolate – Remove the person from the hazardous environment or the hazardous environment from the person
4. Engineering – Provide a physical barrier or other engineered modifications to manage the hazard
5. Administrative – Establish and implement policies, practices, work practices, provide training
6. Personal Protective Equipment – Use equipment that provides protection to all individual persons against the hazard

Getting Started

Pre-event

- Decide what smoothie recipes you plan to have available.
- Buy or order fruit ahead of time to ensure ripeness on the day.
- Organise cups or glasses which will be used.
- Organise what utensils will be needed on the day (i.e. cutting board, knives, tea towels, paper towel, long handled dishwashing brush, rubber gloves).
- Inspect and test the bike to ensure it is in good working order. If you notice it is not running smoothly, refer to the 'Troubleshooting' section of this guide for further details. Check and tighten all screws if required (required allen keys should have been provided).
- Wash blenders and utensils in warm, soapy water and rinse. Use the long handled brush provided and avoid placing your hands near the blades.
- If holding an event outdoors, check weather and plan adequate sun protection. Organise indoor facility as contingency if required.
- Organise hand hygiene (sanitisers) and appropriate food storage (fridge and eskies).
- Allow time to set up the bike and food ingredients before the start of your event (approx. 20 - 30 minutes).

On the day

- Re-inspect the bike to ensure it is in good working order.
- Set up rubbish bins as required.
- Always set up the smoothie bike on flat even surface.

To make a smoothie

- Fill the jug with ingredients (recipe ideas can be found on page 9 in this guide) **before** placing the jug on to the bike. Fit the lid tightly.
- Ensuring that the bike is not in motion, place the jug onto the blender platform. You do not need to twist or turn the jug. Once sitting snugly on the platform, clip down using the safety clip.
- Once the blender is ready, the cyclist can start pedalling. If the seat is too high or too low, adjust by releasing the lever under the seat. Make sure the lever is closed before the cyclist gets back on. Ensure no one touches any moving parts of the bike, beware of inquisitive young children.
- Be sure not to peddle too vigorously, start with a steady pace and increase slowly.
- Once the smoothie has been blended enough, allow the bike wheel to come to a complete stop before hopping off and removing the blender from the bike.
- Pour the smoothie in a cup and ENJOY!
- Remember to rinse the blenders periodically during use.

Tips for smooth riding

The bike must be supervised AT ALL TIMES.

- Count the number of cups you start the day with. This will allow you track how many smoothies you made throughout the day.
- There are 2 jugs in the kit. Start loading one up while the other is on the bike. This will ensure efficient time management. Remember to rinse them regularly!
- Pour ingredients straight into the jug to reduce handling and mess.
- Prepare ingredients ahead of time where possible (e.g. peeling bananas, pulling tops off strawberries, cutting fruit and vegetables).
- Explore the cost of purchasing frozen fruit and vegetables, this can save time cutting up ingredients.
- Keep cool items out of the sun and in the fridge or eski of ice.
- Allow 2-3 minutes per smoothie (20-30 smoothies per hour)



Recipe ideas



Simple Berry

4 x strawberries or
handful of frozen berries
1 cup milk



Smooth Banana

1 x Ripe Banana
1 cup of milk
Ice



Banana Berry

1 x Ripe Banana
3 x strawberries
1 cup of milk
Ice



Kiwi Apple

1 x Kiwi Fruit
½ Apple
½ cup juice
½ cup water
Ice



Watermelon Strawberry

4 x Strawberries
½ cup watermelon
½ ripe banana
½ cup almond milk
Dash of lime juice

HOT TIPS:

- Add yoghurt, cinnamon or honey for extra taste.
- Consider fruit and vegetables which are in season. They will taste better and may be cheaper as well!
- Compare the unit price (e.g. per 100ml) between brands for best value. Look for specials and consider generic brands.
- Purchase cold and frozen ingredients in sizes that are easy to store in eskies while not in use. This will make it easier for you to manage on the day. If purchasing in larger sizes for cost saving, consider dividing into smaller portions.
- Consider ordering your fruit or buying a few days prior to ensure ripe fruit on the day (especially bananas).
- Consider different types of liquids for your smoothies (e.g. almond or coconut milks and coconut water).
- **Don't forget, you can use all different kinds of fruit or mix up these recipes too!** You can try mixed berries, mangoes, and even fresh vegetables such as spinach, carrot, tomatoes or cucumber

Green Smoothie

Handful of spinach
½ cup green apple
½ cucumber
½ banana
¼ cup pineapple
(optional)
1 cup water or coconut
water



Troubleshooting

Problem: The blades are not turning even though I am pedalling.

Firstly, *stop pedalling*. Detach the blender from the bike and visually check to see if there are any food ingredients caught under the blades. This is most common with large pieces of firm fruit such as apples. Shake to dislodge any food ingredients that may be wedged under the blades. Return the blender to the original position. If the blades are still not turning, you may need to physically dislodge the food ingredients using a long utensil such as a fork or spoon. **Do NOT use your hands!**

If the blender is still not rotating, check the contact between the roller axle (silver cylinder located underneath the blender platform) and the tyre. Is the cylinder rotating with the bike wheel when it is being pedalled? If the roller axle is not turning with the wheel, you will need to adjust the contact pressure. To do this, loosen the two screws on the top surface of the blender platform by approximately one turn. Rotate the blender platform anti-clockwise. This rotation will push the roller up against the tyre. After increasing the contact pressure, re-tighten the screws. Check to make sure the roller axle is now rotating with the wheel and that it is not touching the metal rim of the wheel. If it is, re-adjust.

If the problem persists, check that the tire is firm. The tire pressure should be between 60-70 psi.

Problem: How do I adjust the handlebars or seat height?

If the handlebars are loose simply move them into the desired position and tighten using the Allen key provided. If the seat needs adjusting, open the quick release located underneath the seat and adjust to the required height. Ensure the quick release is closed before sitting on the seat.

Problem: The chain has become loose or fallen off of the bike. How do I fix it?

The chain should be fairly tight along the lower section of the chain. To service this, use an allen key to loosen the screw holding the bike chain and wheel in place. Pull the wheel back until the chain is tight along the lower section and tighten the screw again using the allen key.

