



How To Clean Skate Bearings

You should clean your Skate bearings if your bearings have slowed down, seem kinda mucky, or if they make a gravelly, junky sound when you spin your wheels. To avoid getting to that point, you should really clean your bearings fairly often, even when they are only a little dirty, or just haven't been cleaned in a long time. Cleaning your Skate bearings like this from time to time will increase your bearing's lifespan, and improve your Skating experience (translation - you'll skate faster, with less effort & have more fun!).

What you need

First, you'll want to remove your Skate bearings. You can clean your bearings without removing them, but you won't get them very clean that way. It's kind of like taking a whole bath out of the sink... To clean your Skate bearings well they need to have been removed from your Skate wheels. Not sure how to do that? Pause for a second and read [How To Remove Your Skate Bearings](#). It's quick and easy.

You also need **some rags, towels or paper towels** - this will get messy, it's not advisable to clean your bearings in the living room of your house, if you do make sure you put down a lot of towels, open a window. And, you might not want to wear your favorite clothes. This is best done in the garage, on the porch or deck, or in a basement. Here's what else you need!... I recommend Automotive Break Cleaner You can pick it up at most auto parts or hardware stores.

I like automotive brake cleaner because the spray nozzle makes it super easy to use, and it's designed to not leave any residue behind. **do not**, I repeat **DO NOT** use WD-40, or anything like it! WD-40, and other cheaper lubricants leave behind a film that actually collects dirt and dust. The key is to clean your bearings dry them and then apply a lubricant made for them - you want the bearings lubed up, but you don't want any sticky film or residue left behind.

Remove the Shield

Your bearings likely have a shield that you will need to pop out with a small pin - but be careful not to force anything, or damage the bearings. The shield is held in place with a small ring clip, use a pin, find the start/ stop of the ring clip and gently pry the clip out, the shield can now be removed by tapping the bearing upside down.

Now for the Good News... You do not need to replace the shields you removed, just be sure to install the bearing into the wheel with the shielded side facing out when you reinstall the bearings.

Spray 'Em Out

Hold the bearing over a coffee can, and point the brake cleaner towards the side of the bearing without the shield, (not down into the can, as it will splash-up at you) blast the snot out of it. Aim around the edges of the bearing; try to blast into every edge you find.

You should notice an awful lot of dark, blackish, nasty muck coming out of the bearing. That means that it really needed the cleaning! Don't spare the brake cleaner; it's cheap enough just keep blasting away. This is why you really want a lot of rags or towels under your work, and why you don't want to be wearing your favorite clothes. This can get pretty messy. REALLY hose these suckers down. Once you feel like you've cleaned the bearing enough (usually, this is when black gunk stops coming out), Spin the bearing in your hand by holding the inner race and spinning the outside, You whip the outside of the bearing with a towel or rag to get the excess brake cleaner off, and set it aside. You'll want to set it on it on some more rags or towels - it will continue to leak for a while. Repeat with each bearing (you should have 16, two for each wheel)

Dry your skate bearings quickly! Using an air compressor or can of compressed air, spray the air directly into the bearing. You will feel the cleaner coming out. Spin the bearing again.

Add Lubricant

Now, lubricate your bearings! The lubricant you bought should have instructions for how much to use, but just a little should be fine. I suggest 2 drops of "Slick Willies"

The lubricant helps keep the bearings spinning freely, and helps to keep them from freezing up, not to mention lessening wear and tear and friction. Without lubricant, one of your bearings might just stop spinning ... which means that you would eat pavement.

Don't forget to install the bearing into the wheel with the shielded side facing out when you reinstall the bearings.

You're done! Now, put those bearings back in your wheels and DERB IT UP!!!