

Strap in for summer bike safety

ANCHOR LEDE

May 15, 2026 is Bike to Work Day. If you're pulling the bicycle out of the garage, health care providers want you to keep safety in mind.

TAKE VO

Doctor Kurt Bloomstrand, an ER doctor who sees patients at OSF HealthCare, sees arm injuries from bike wrecks. But *head* injuries are more serious and can be fatal.

SOT

Dr. Kurt Bloomstrand

OSF HealthCare emergency department physician

"When we see people in the emergency department who have suffered from a bicycle accident, we're going to do a rapid trauma assessment. We're going to pay special attention to the head. We're going to make sure there are no signs of skull fracture or neurological abnormality. Depending on the severity of the injury, we may do a CAT scan [also called a CT scan] to make sure there's no internal injury like bleeding on the brain. Those internal injuries are life-threatening emergencies that need to be addressed quickly."
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VO TAG

All ages should wear a helmet when riding, and kids should wear elbow and knee pads.

And in general, less bare skin is better in case you fall and get road rash.

For more tips, visit the OSF Newsroom.