

CONCUSSION



Ensure Safety for Self & Others
Dial Triple Zero (000)
For an Ambulance

For an incident/accident where concussion is suspected - Stop all activity around the casualty - Follow the 3Rs

RECOGNISE - REMOVE OR STOP - REFER

RECOGNISE

DRSABCD - Do not allow to move until clear of spinal injury - Did they lose consciousness at any time?
Assess for response and breathing - Assess for concussion - Assess for spinal injury

FOR CONCUSSION SYMPTOMS

REMOVE FROM ACTIVITY

Keep still and at rest
Do not leave alone

OR

FOR SUSPECTED SPINAL INJURY

STOP

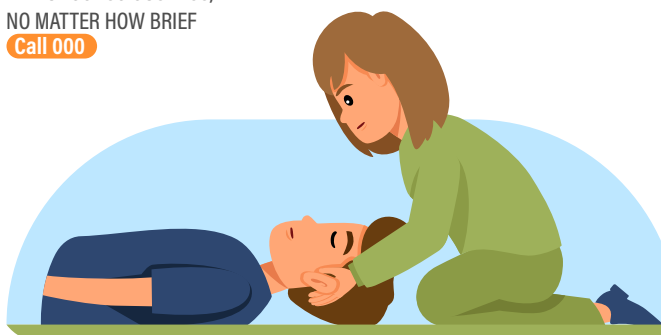
Keep still
Keep the neck and
spine aligned

IF UNCONSCIOUS

ASSUME SPINAL INJURY

Gain assistance if possible - Assess airway/breathing
If not breathing normally: Provide CPR
If breathing normally: Align and immobilise spine/neck
With help, gently roll on his/her side - Ensure airway is clear

FOR SPINAL INJURY
AND UNCONSCIOUSNESS,
NO MATTER HOW BRIEF
Call 000



REFER

Take note of symptoms

When - How long - How bad - Record if possible
Report information on handover of the casualty

For spinal injury and/or unconsciousness call 000

For concussion take to a medical professional

Treat other injuries as required and monitor constantly

Do not allow to return to the activity

Ensure parents/carers are contacted if a minor

Signs - visible clues:



Loss of
consciousness



Uncoordinated
Disoriented



Incoherent speech



Not aware of events
Confused



Memory loss



Dazed or stunned
Vacant stare

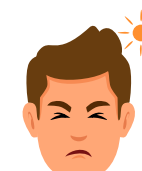
Symptoms - what the casualty feels:



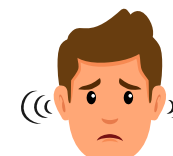
Dizziness, Headache or
"pressure" in the head



Cannot
concentrate



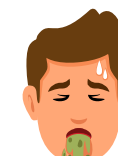
Sensitivity to light
and/or noise



Ringing in the ears



Tired (fatigued)



Sick/Nauseous
Vomiting