

CONCUSSION

**Ensure Safety
for Self and Others**

**Call the Ambulance
on Triple Zero (000)**

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**

**FOR SUSPECTED
SPINAL INJURY**

IF UNCONSCIOUS

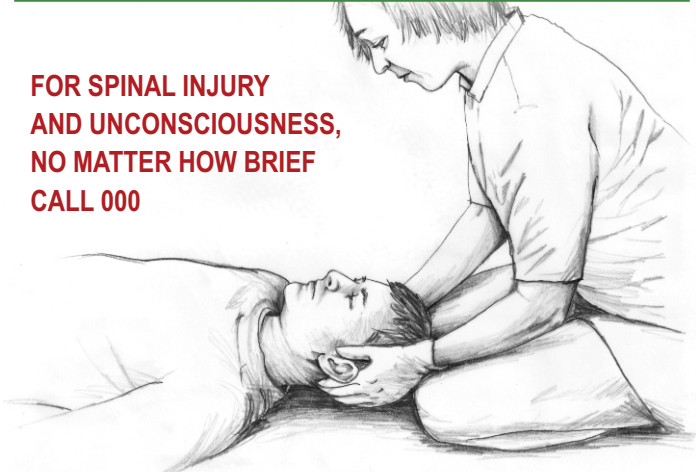
**REMOVE
FROM ACTIVITY**
 Keep still and at rest
 Do not leave alone

OR

STOP
 Keep still
 Keep the neck and spine aligned

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

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