

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

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

REFER

Take note of symptoms

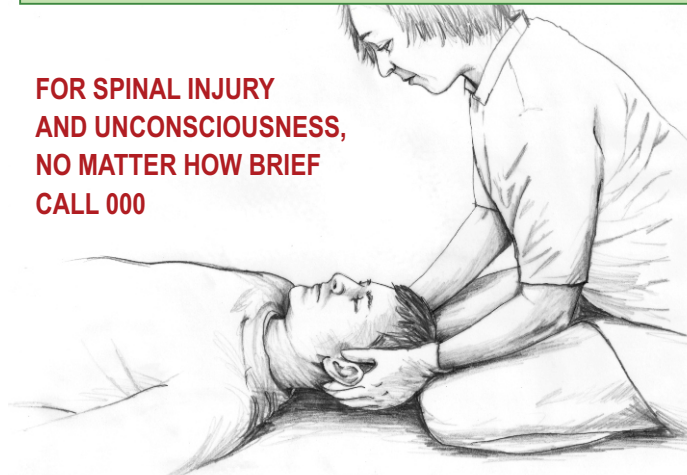
When - How long - How bad - Record if possible
Report information on handover of the casualty

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

**FOR SPINAL INJURY
AND UNCONSCIOUSNESS,
NO MATTER HOW BRIEF
CALL 000**



Signs – visible clues:



Loss of
consciousness



Uncoordinated
Disoriented



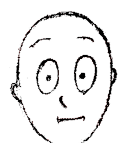
Incoherent
speech



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