# 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

# FOR SUSPECTED SPINAL INJURY

#### **STOP**

Keep still
Keep the neck and spine aligned

#### **REFER**

OR

#### 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

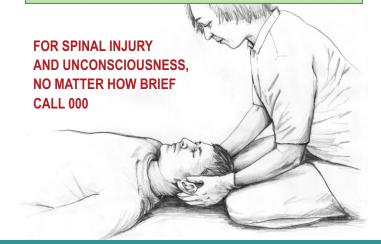
Do not allow to return to the activity

Ensure parents/carers are contacted if a minor

#### 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



#### 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