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

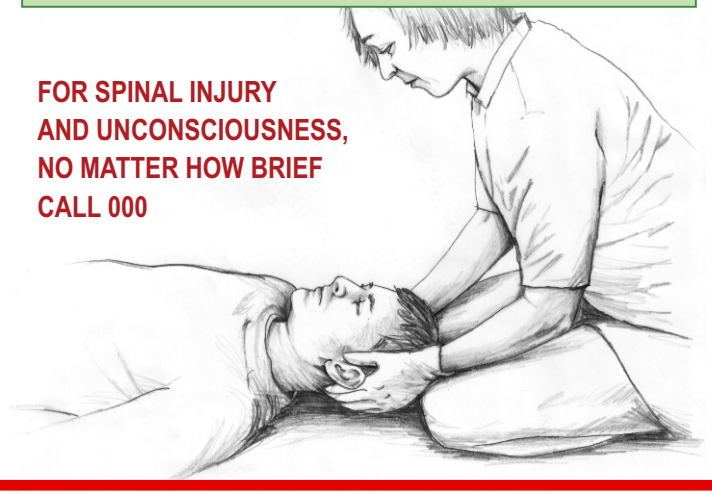
For concussion take to a medical professional

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:*

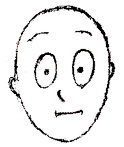
Loss of consciousness

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

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