# CONCUSSION

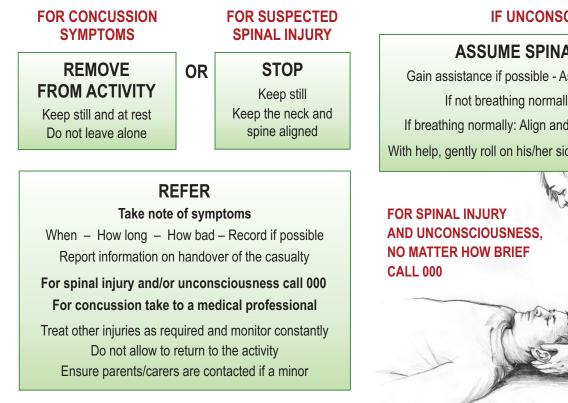
**Ensure Safety** for Self and Others

#### **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**

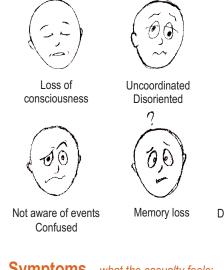
RECOGNISE - DRSABCD - Do not allow to move until clear of spinal injury - Did they lose consciousness at any time? Assess for response and breathing - Assess for concussion - Assess for spinal injury



#### 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





Dazed or stunned Vacant stare

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<u>(</u>)

Incoherent

speech

#### **Symptoms** – what the casualty feels:



Signs – visible clues:



0

Dizziness. Headache or "pressure" in the head

Sensitivity to light Cannot and/or noise concentrate







Ringing in the ears

Tired (fatigued)

Sick/Nauseous Vomiting

### **Heightsafe Solutions**

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