# 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

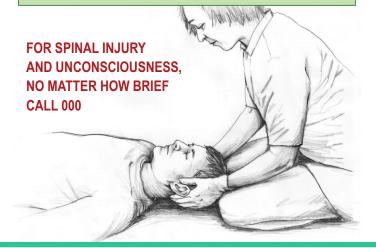
For spinal injury and/or unconsciousness call 000 For concussion take to a medical professional

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