CONCUSSION

Ensure Safety for Self & Others
Dial Triple Zero (000)
For an Ambulance

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

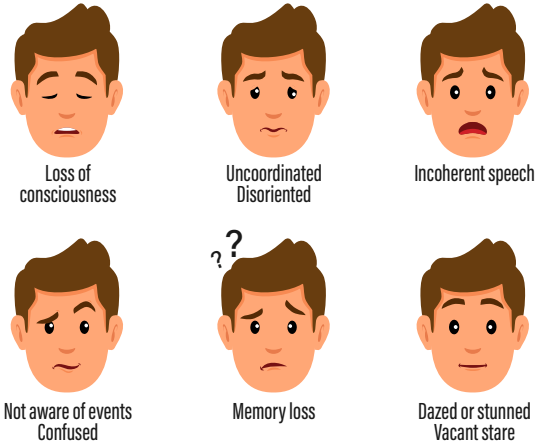
REFER

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

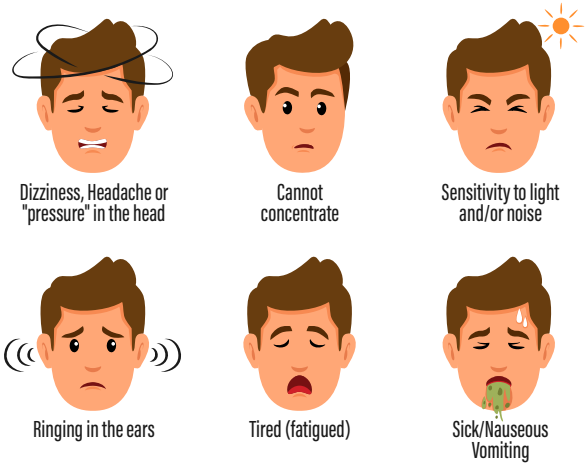
FOR SPINAL INJURY
AND UNCONSCIOUSNESS,
NO MATTER HOW BRIEF
Call 000



Signs - visible clues:



Symptoms - what the casualty feels:



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