

## CATT Educational Materials

### 1. CATT Poster – General (W: 11" x H: 17")

This poster gives a brief overview of CATT and the importance of concussion awareness and management.

Learn about the  
recognition, diagnosis, treatment,  
& management of **concussion**



Recognizing a concussion as soon as it happens can reduce your risk of brain damage and avoid long-term health consequences. The Concussion Awareness Training Tool (CATT) provides information for everyone to manage a concussion properly and improve safety.

- Access free e-learning courses
- View up-to-date resources
- Download printable forms and guides
- Hear personal stories of people with lived experience

Information for:

 Medical Professionals	 Coaches	 Parents & Caregivers	 School Professionals
 Youth	 Athletes	 Workers & Workplaces	 Women's Support Workers

Learn more at:

**cattonline.com**

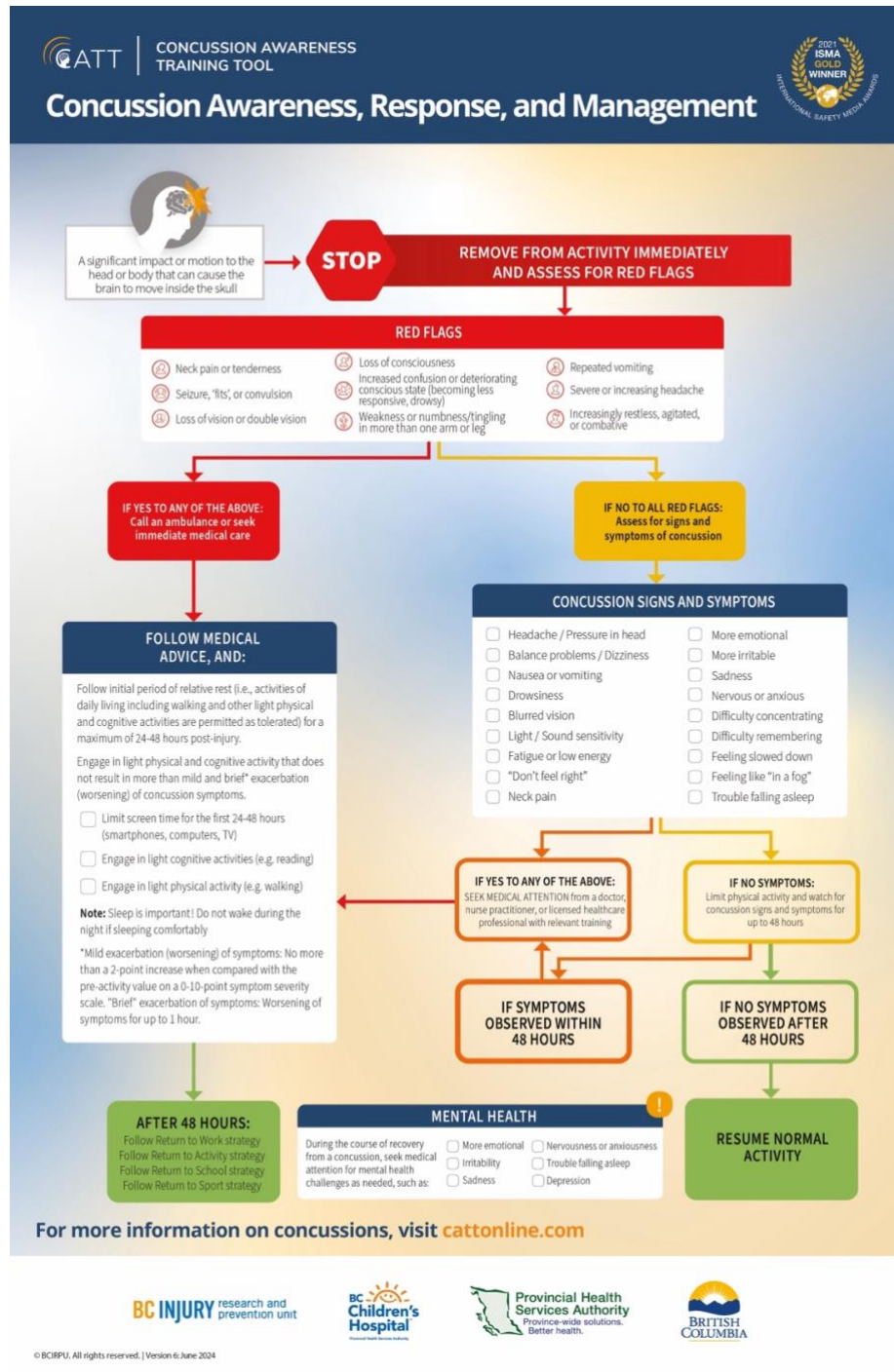


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	CONCUSSION AWARENESS TRAINING TOOL				
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## 2. CATT Poster – Concussion Pathway (W: 11" x H: 17")

This poster outlines how to recognize and respond to a concussion.



### 3. CATT Poster – Concussion Recovery in the Workplace (W: 11" x H: 17")

This poster highlights four things to know about concussion recovery in the workplace.



## Concussion Recovery in the Workplace: 4 Things You Need to Know

**1 Recovery can be unpredictable**

- **Every day is different:** Some days will be harder than others.
- **Take it slow:** It's normal to experience symptoms during recovery. Find a balance between doing too much or too little.
- **Mind your mental health:** Take stress breaks and ask for support.



- Overwhelming symptoms; stop and rest
- Mild symptoms; adjust activity levels
- No symptoms; normal activities



**2 Short-term adjustments = big difference**

- **Light sensitivity:** Use warm lighting, wear sunglasses or a hat indoors, as needed.
- **Sound sensitivity:** Take quiet breaks, use earplugs or noise-cancelling headphones, as needed.
- **Flexible work hours:** Gradually increase hours with options for reduced or flexible schedules.
- **Work modifications:** Break tasks into smaller steps, extend deadlines, use reminders, checklists, or speech-to-text tools.

**3 Make a plan**

- **Return to work:** Work with your supervisor to create and update a return to work plan.
- **Monitor your progress:** As recovery progresses, check in with a health care provider and make adjustments as needed.





**4 It's a team effort**

Employers and workers have a shared duty to work together to ensure a safe and timely return to work.

**! Concussion recovery usually takes up to 4 weeks, but up to 30% experience persisting symptoms.**



Visit [cattonline.com](https://cattonline.com) for more information on managing workplace concussion, including downloadable resources and a free e-learning course.

 CONCUSSION AWARENESS TRAINING TOOL

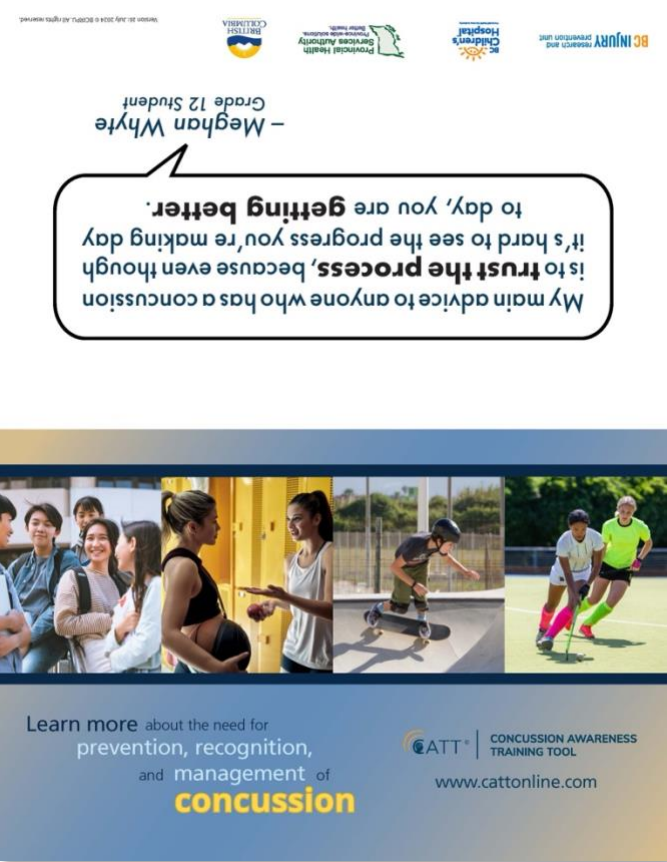
 BC INJURY research and prevention unit

Thank you to WorkSafeBC for their support and collaboration, and to Michael Smith Health Research BC for providing funding for this resource.  
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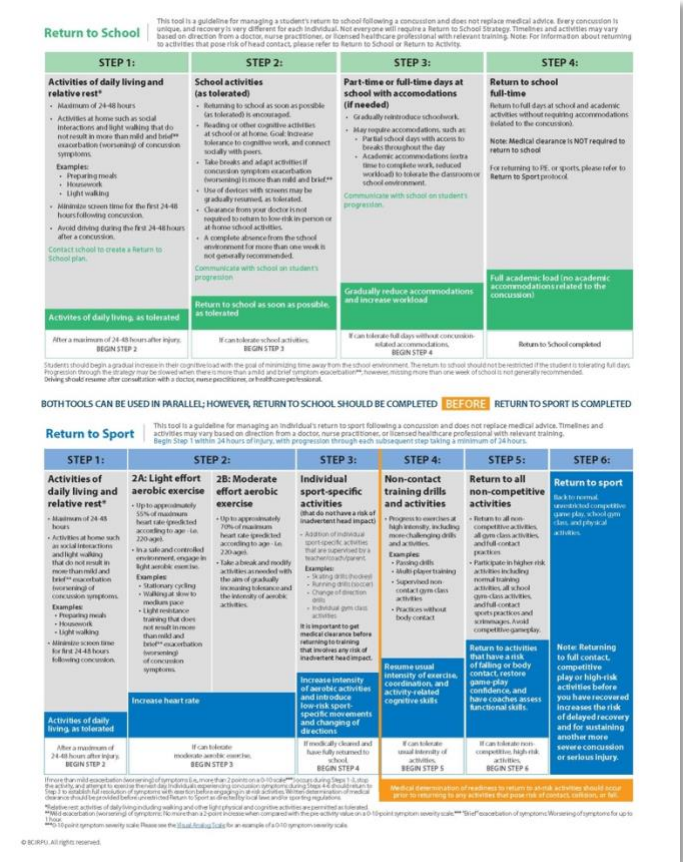


4a. CATT Flip Card: Child & Youth (Folded: W: 8.5" x H: 5.5") English

The CATT Flip Card: Child & Youth contains the Return to School and Return to Sport guidelines.



Front and Back of Card



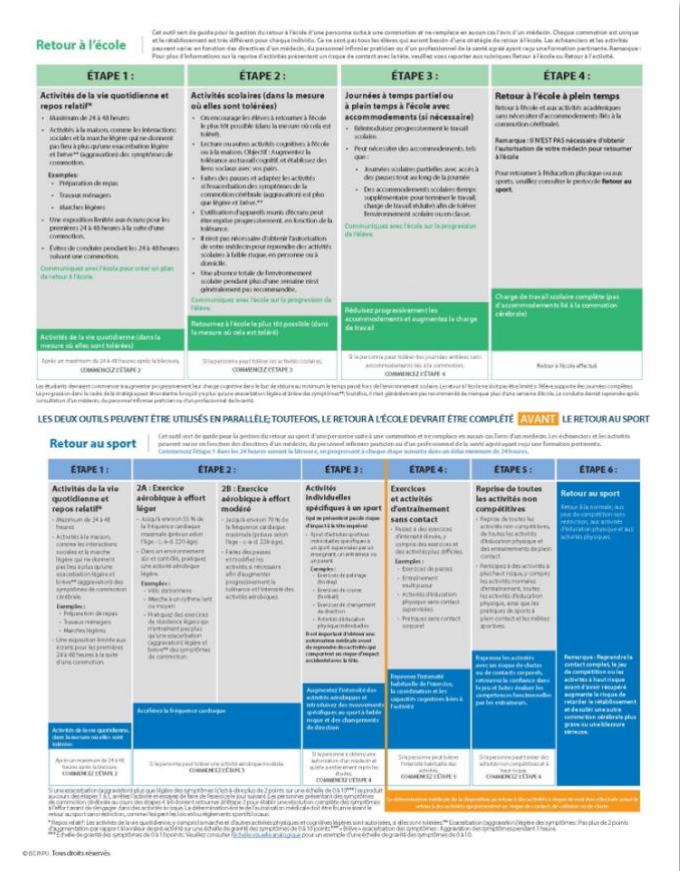
Inside of Card

4b. CATT Flip Card: Child & Youth (Folded: W: 8.5" x H: 5.5") French

The CATT Flip Card: Child and Youth contains the Return to School and Return to Sport guidelines.



Front and Back of Card



Inside of Card



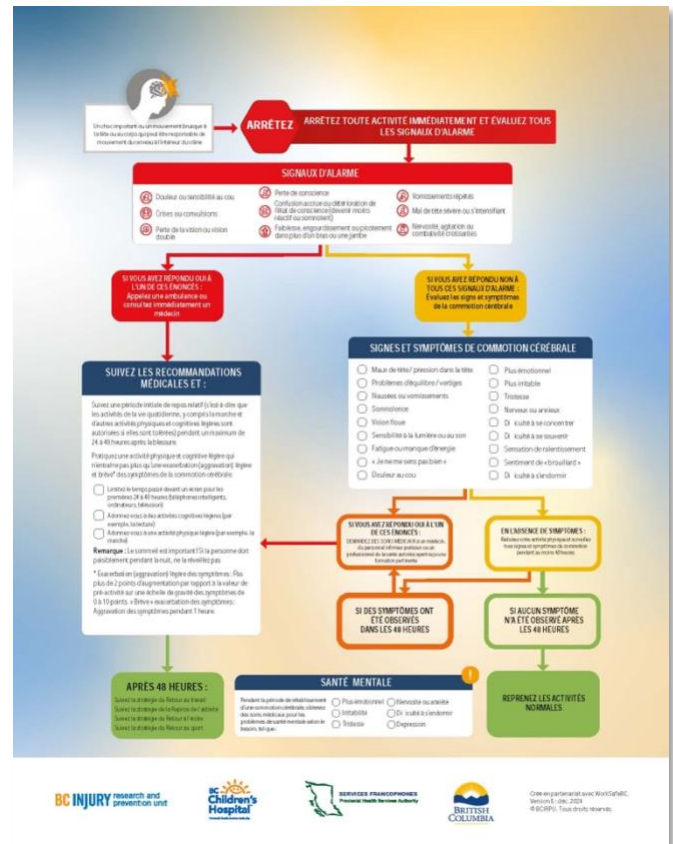


## 5b. CATT Flip Card: Adult (Folded: W: 8.5" x H: 5.5") French

The CATT Flip Card: Adult contains the Concussion Pathway and Return to Work guideline.



Front and Back of Card



Inside of Card