

## CATT Educational Materials

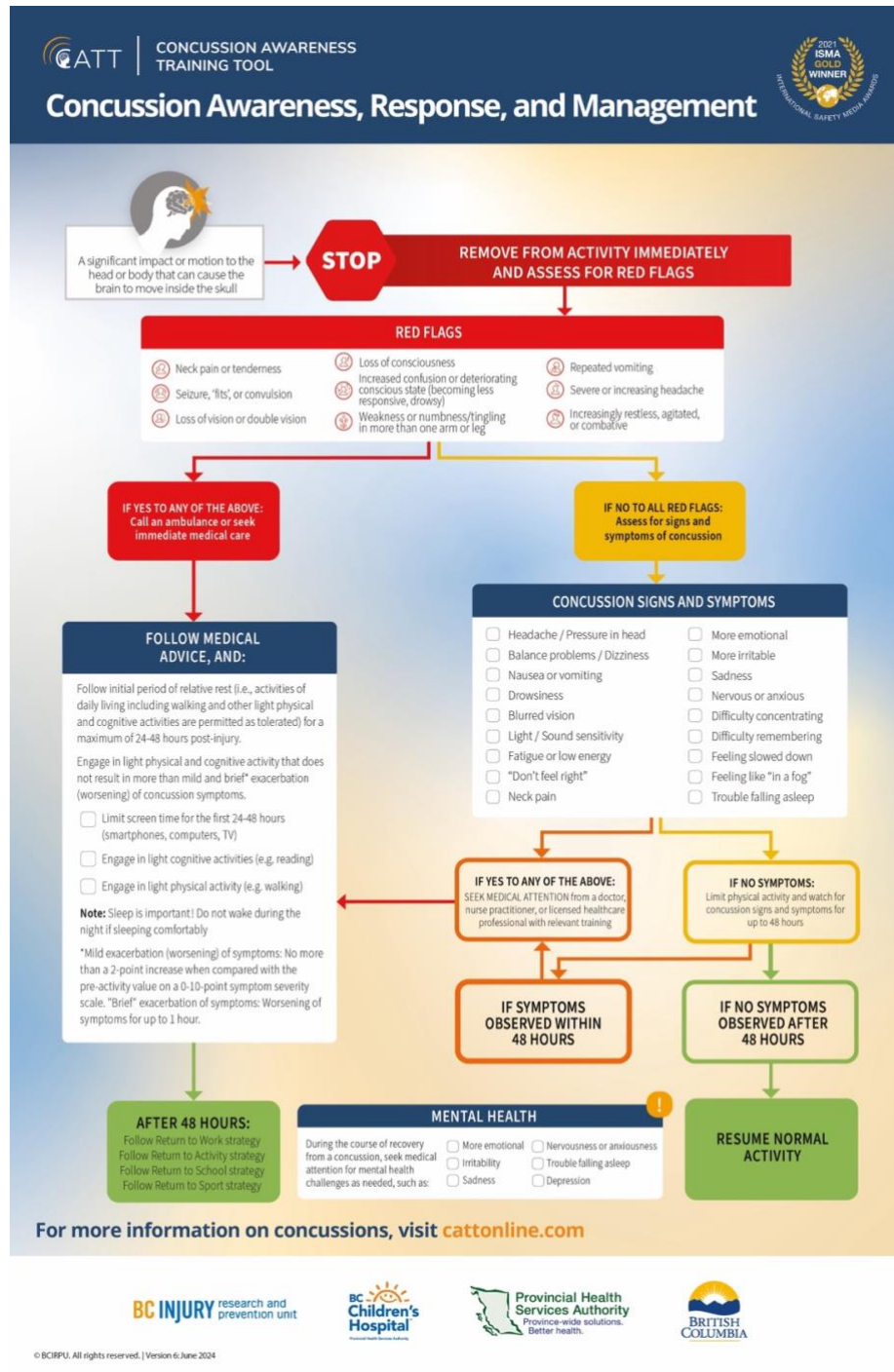
### 1. CATT Poster – General (W: 11" x H: 17")

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



## 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



research and  
prevention unit

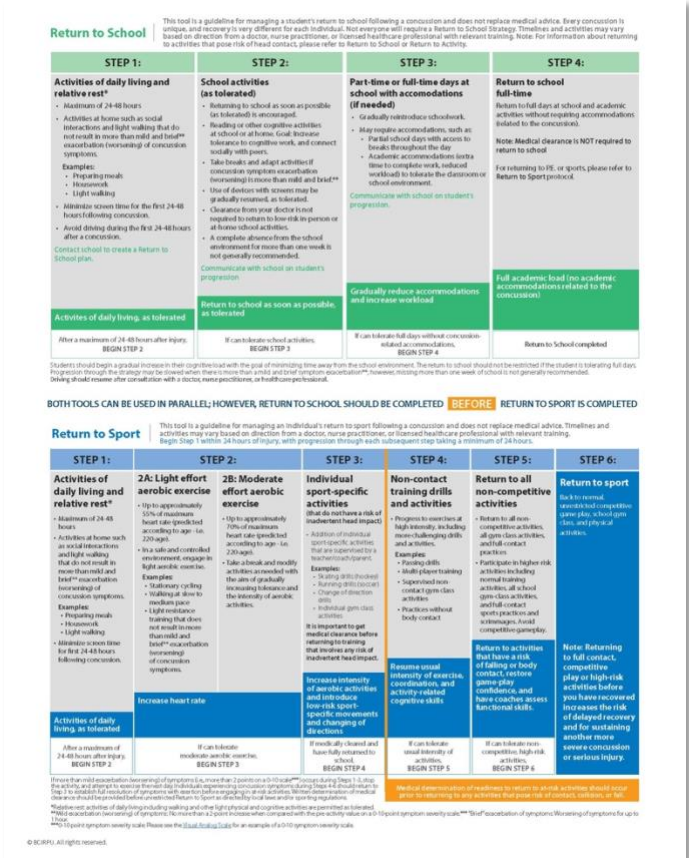
Thank you to WorkSafeBC for their support and collaboration, and to Michael Smith Health Research BC for providing funding for this resource.  
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## 4a. CATT Flip Card: Child & Youth (Folded: W: 8.5" x H: 5.5") English

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



Front and Back of Card



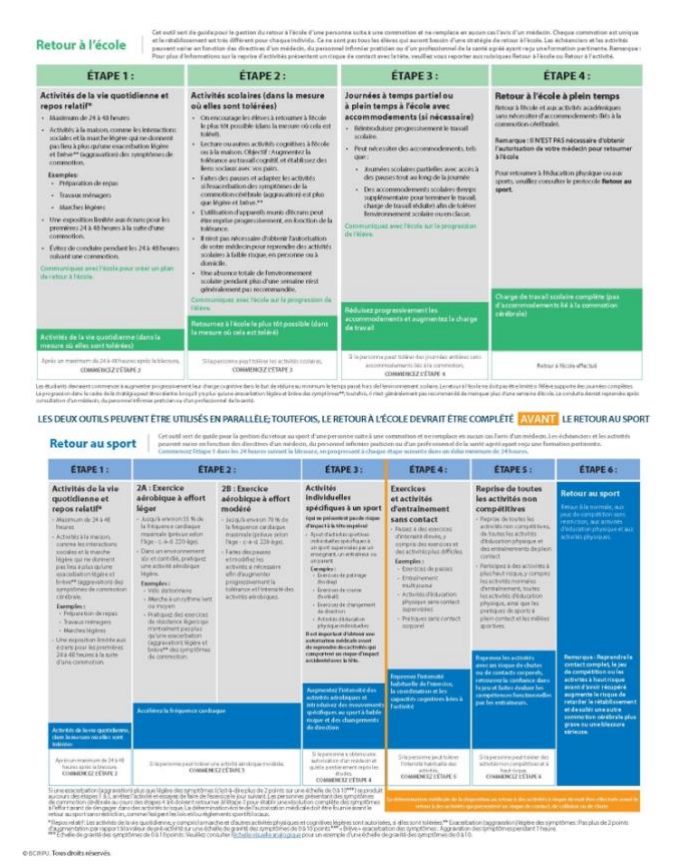
Inside of Card

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

5a. CATT Flip Card: Adult (W: 11" x H: 17") English

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

**Return to Work**

**STEP 1:** Activities of daily living (e.g., walking, shopping, driving, etc.)

**STEP 2:** Work activities (e.g., light physical activity, light cognitive activity, etc.)

**STEP 3:** Part-time or full-time work with accommodations (if needed)

**STEP 4:** Return to work full-time

**Return to Work**

**STEP 1:** Activities of daily living (e.g., walking, shopping, driving, etc.)

**STEP 2:** Work activities (e.g., light physical activity, light cognitive activity, etc.)

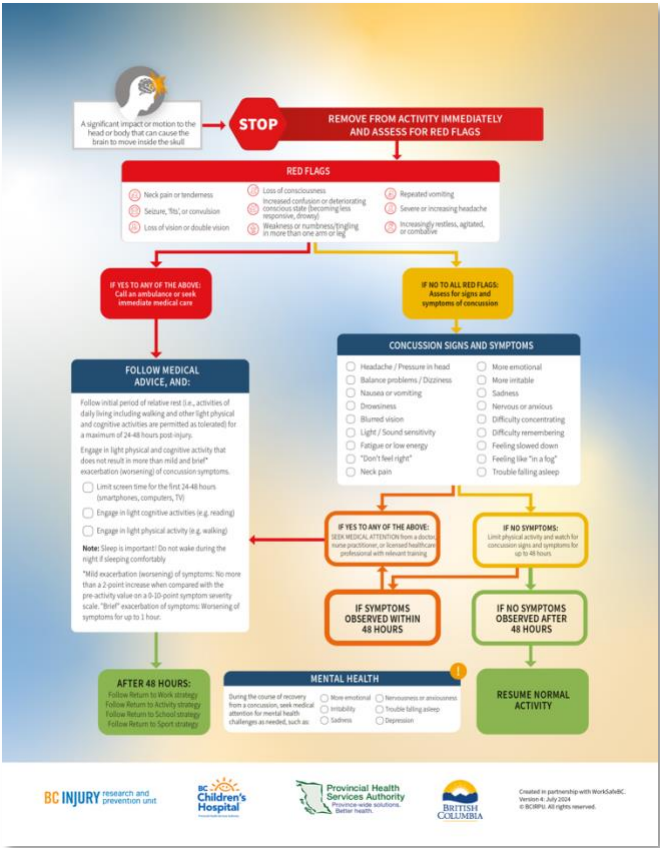
**STEP 3:** Part-time or full-time work with accommodations (if needed)

**STEP 4:** Return to work full-time

Learn more about the need for prevention, recognition, and management of **concussion**

CATT\* CONCUSSION AWARENESS TRAINING TOOL

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Front and Back of Card

Inside of Card

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

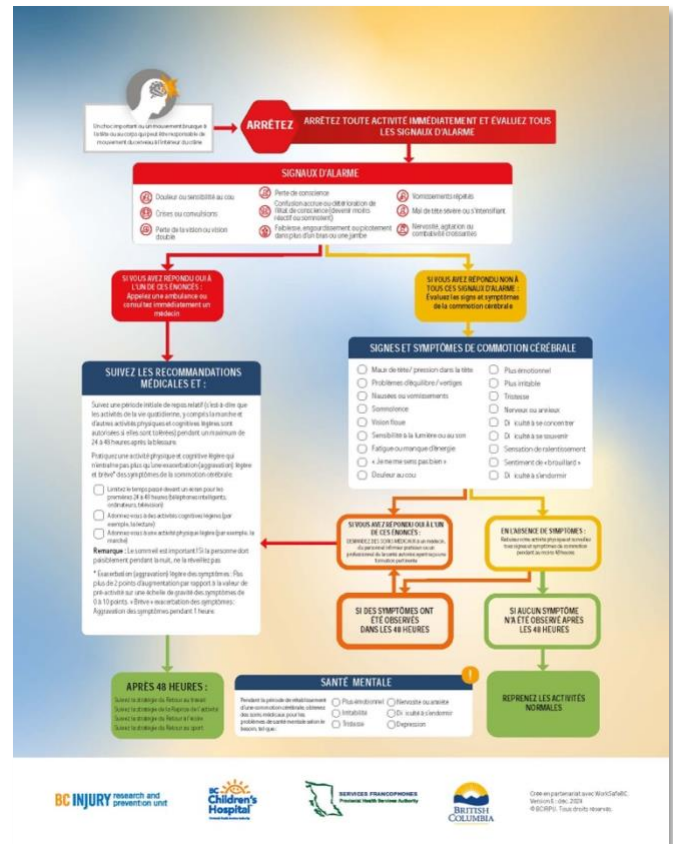
The CATT Flip Card: Adult contains the Concussion Pathway and Return to Work guideline.

Apprenez-en davantage sur la nécessité de la prévention, de la reconnaissance et de la gestion de la commotion

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Front and Back of Card



Inside of Card

## 6. Concussion Myths and Facts Poster (W: 11" x H: 17")

This poster addresses common myths about concussion and evidence-based facts to debunk them.

### Concussion:

⊗ **Myths**
and
✓ **Facts**

|                                                                                                |                                                                                     |                                                                                                                                                                                                                        |
|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <span>⊗</span> Wake person every 2 hours following a concussion.                               |    | Waking is not needed if a severe brain injury has been ruled out—check to see that they are comfortable and have normal breathing and skin colour. <span>✓</span>                                                      |
| <span>⊗</span> Lie in a dark room and avoid all activity following a concussion.               |    | After relative rest for the first two days following a concussion, start a gradual return-to-activity. This supports a timely recovery and good mental health. Adjust activities if symptoms get worse. <span>✓</span> |
| <span>⊗</span> Concussions only happen during contact sports from a direct hit to the head.    |    | A concussion can be caused by a jolt to the head, body, or neck that causes the brain to move within the skull. Common causes are falls, sports, and motor vehicle crashes. <span>✓</span>                             |
| <span>⊗</span> You need to lose consciousness to sustain a concussion.                         |   | Fewer than 10% of concussions involve a loss of consciousness. <span>✓</span>                                                                                                                                          |
| <span>⊗</span> If you don't have any symptoms after the incident, you don't have a concussion. |  | Concussion symptoms can take up to 2 days to appear. Monitor for signs and symptoms during this time. <span>✓</span>                                                                                                   |
| <span>⊗</span> A CT or MRI scan can confirm whether you had a concussion.                      |  | A concussion does not show up on standard structural imaging scans. Seek assessment from a qualified healthcare professional for concussion diagnosis and treatment. <span>✓</span>                                    |
| <span>⊗</span> Helmets prevent concussions.                                                    |  | Helmets reduce the risk of skull fracture and a more serious brain injury, not concussion. Wear a helmet when engaging in activities that require it (e.g. biking, scootering, skiing/snowboarding) <span>✓</span>     |
| <span>⊗</span> It takes 2-3 days to recover from a concussion.                                 |  | Most people recover from concussion within 2-4 weeks. A qualified healthcare professional can help with the recovery process. <span>✓</span>                                                                           |
| <span>⊗</span> You don't have to slow down during concussion recovery.                         |  | Pushing through symptoms can prolong concussion recovery. Follow a stepwise strategy to return to sport/work/school/activity. <span>✓</span>                                                                           |
| <span>⊗</span> Concussions do not impact mental health.                                        |  | Anxiety and depression are common mental health challenges during concussion recovery. Seek support from family, friends, and qualified healthcare professionals. <span>✓</span>                                       |

Visit [cattonline.com](http://cattonline.com) to learn more about recognizing and managing concussions.

**BC INJURY** research and prevention unit

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