

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



	@catt.concussions
	facebook.com/cattonline
	@cattonline
	concussion@bcchr.ca



CONCUSSION AWARENESS
TRAINING TOOL



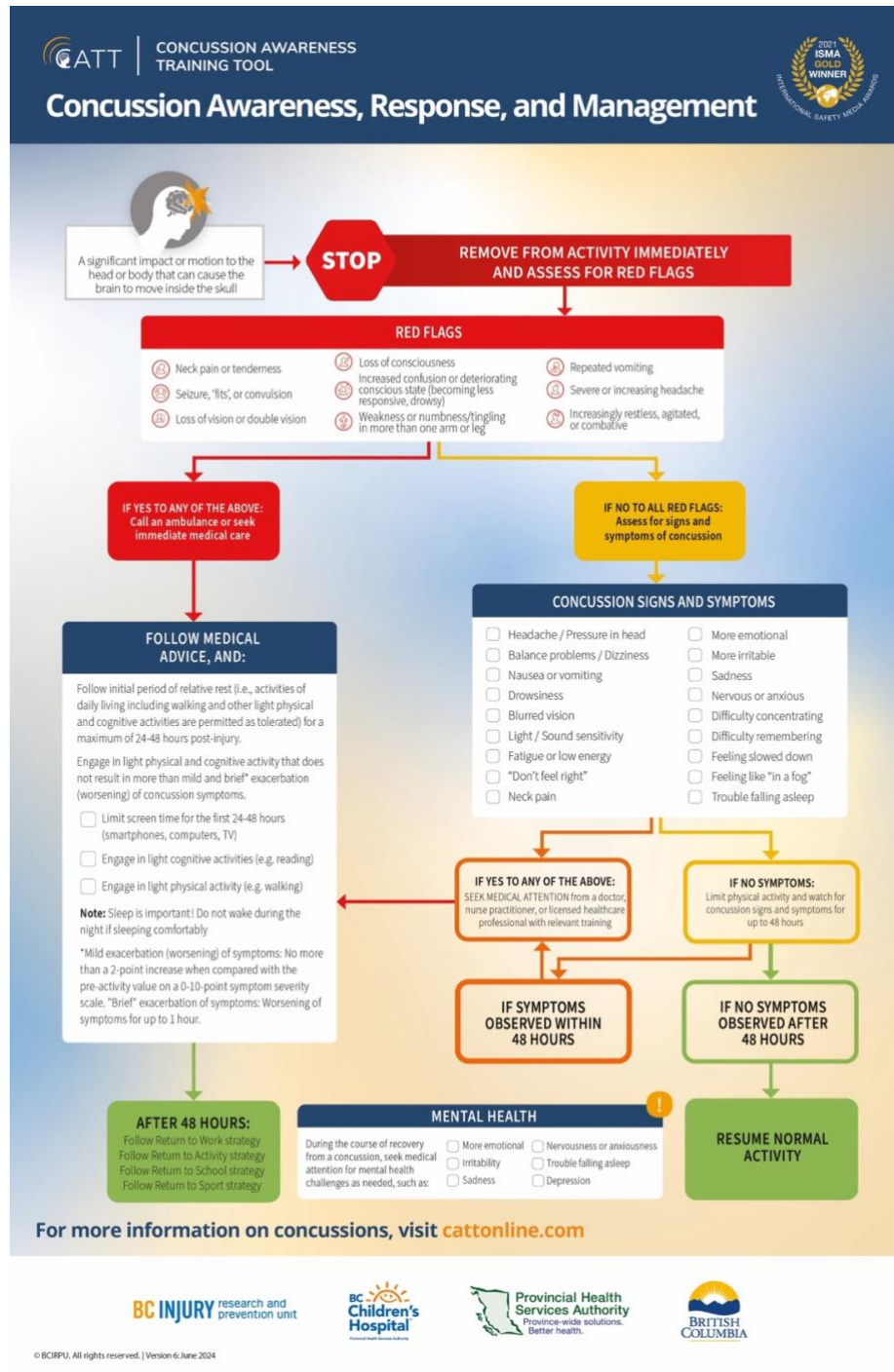
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BRITISH COLUMBIA

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 for more information on managing workplace concussion, including downloadable resources and a free e-learning course.



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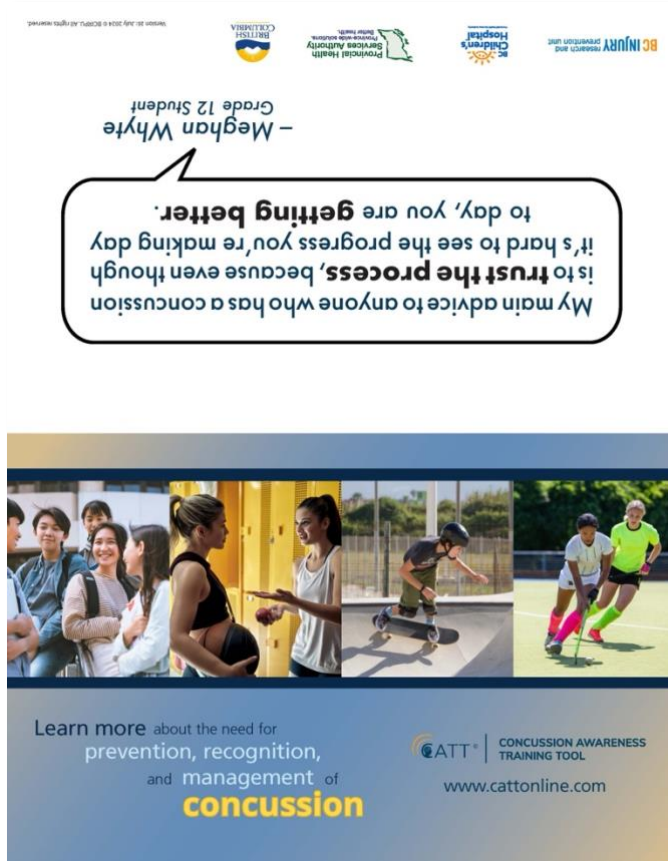


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Thank you to WorkSafeBC for their support and collaboration, and to Michael Smith Health Research BC for providing funding for this resource.
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4a. CATT Flip Card: Child & Youth (Folded: W: 8.5" x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



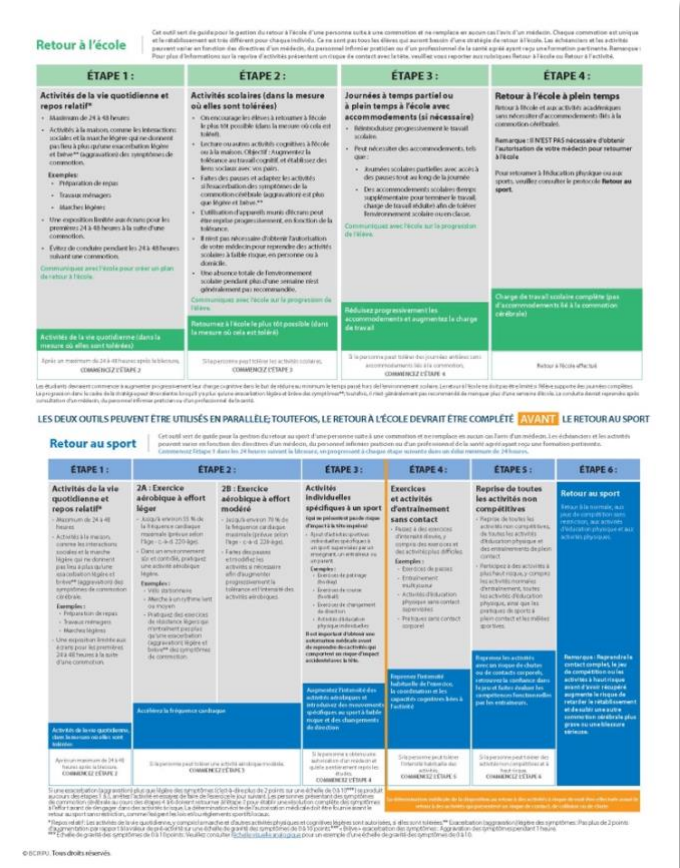
Inside of Card

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

Return to work 4-6 days Return to work 4-6 days in which returning to work is likely to be successful STP 4:	Part-time or full-time days at work Gradually increase work hours to full-time or part-time STP 3:	Work activities Gradually increase work activities to full-time or part-time STP 2:	Activities of daily living at work Gradually increase work activities to full-time or part-time STP 1:
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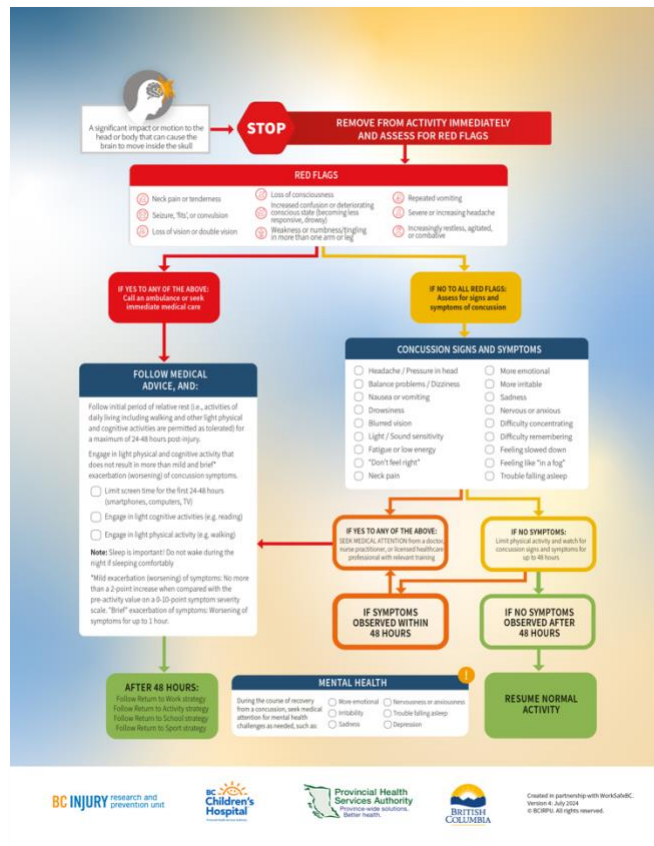
This tool is designed to provide a structured approach to returning to work following a concussion. It is important to note that this tool is not intended to replace medical advice. Every concussion is different and recovery is a process. It is important to consult with a healthcare professional for advice on returning to work. The tool is designed to provide a structured approach to returning to work following a concussion. It is important to note that this tool is not intended to replace medical advice. Every concussion is different and recovery is a process. It is important to consult with a healthcare professional for advice on returning to work.

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

concussion

www.cattonline.com

CATT[®] CONCUSSION AWARENESS TRAINING TOOL



Front and Back of Card

Inside of Card

[illegible][illegible]

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**
✓ **Facts**

⊗ 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.	✓
⊗ 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.	✓
⊗ 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.	✓
⊗ You need to lose consciousness to sustain a concussion.		Fewer than 10% of concussions involve a loss of consciousness.	✓
⊗ 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.	✓
⊗ 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.	✓
⊗ 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)	✓
⊗ 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.	✓
⊗ 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.	✓
⊗ 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.	✓

Visit cattonline.com to learn more about recognizing and managing concussions.

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