CONCUSSION

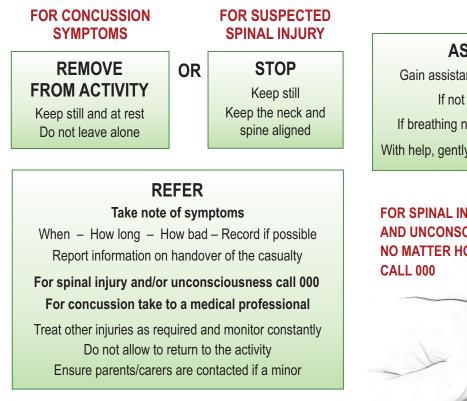
Ensure Safety for Self and Others

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

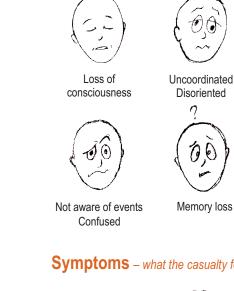


IF UNCONSCIOUS

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

FOR SPINAL INJURY AND UNCONSCIOUSNESS. NO MATTER HOW BRIEF



Signs – visible clues:



16

60

Incoherent

speech

Dazed or stunned Vacant stare

Symptoms – what the casualty feels:





0

Dizziness. Headache or "pressure" in the head

Cannot concentrate

Sensitivity to light and/or noise







Tired



Ringing in the ears

Sick/Nauseous Vomiting (fatigued)

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