



If a significant impact or motion to the head or body occurs that can cause the brain to move inside the skull that leads one to suspect a concussion

STOP

CALL FOR ON-SITE FIRST AID, REMOVE FROM ACTIVITY IMMEDIATELY AND ASSESS FOR RED FLAGS

RED FLAGS

- | | | |
|-------------------------|--|---|
| Neck pain or tenderness | Weakness or tingling/burning in arms or legs | Deteriorating conscious state |
| Double vision | Severe or increasing headache | Vomiting |
| Seizure or convulsion | Loss of consciousness | Increasingly restless, agitated, or combative |

IF YES TO ANY OF THE ABOVE:
Call an ambulance or seek immediate medical care

IF NO TO ALL RED FLAGS:
Assess for signs and symptoms of concussion

FOLLOW MEDICAL ADVICE, AND:

Follow initial recovery protocol of physical and cognitive rest (2 days max), including:

- Limited screen time (smartphones, computers, TV)
- Limited cognitive activity (reading, driving)
- Limited physical activity

Note: Sleep is important! Do not wake during the night if sleeping comfortably

INCREASED RISK OF CONCUSSION IF:

- Currently recovering from a concussion
- Previous history of concussion
- Experiencing persistent concussion symptoms

CONCUSSION SIGNS AND SYMPTOMS

- | | | |
|--|--|---|
| <input type="checkbox"/> Headache | <input type="checkbox"/> Ringing in the ears | <input type="checkbox"/> Difficulty concentrating |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Seeing "stars" | <input type="checkbox"/> Poor memory |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Irritability | <input type="checkbox"/> Neck pain |
| <input type="checkbox"/> Blurred vision | <input type="checkbox"/> Fogginess | <input type="checkbox"/> Sadness |
| <input type="checkbox"/> Light/Sound sensitivity | <input type="checkbox"/> Fatigue | <input type="checkbox"/> Confusion |
| <input type="checkbox"/> Imbalance | | |

AFTER 48 HOURS:

Follow Return to Work protocol
Follow Return to Activity protocol
Follow Return to School protocol
Follow Return to Sport protocol

IF YES TO ANY OF THE ABOVE:
SEEK MEDICAL ATTENTION from a licensed medical professional (physician/nurse practitioner*)
* If applicable in your area

IF NO SYMPTOMS:
PERFORMERS: Refrain from repeating actions that caused initial impact and/or repetitive jarring motions
ALL WORKERS: Limit physical activity and advise worker to watch for signs and symptoms for 48 hours

IF SYMPTOMS OBSERVED WITHIN 48 HOURS

IF NO SYMPTOMS OBSERVED AFTER 48 HOURS

RESUME NORMAL WORK ACTIVITY

MENTAL HEALTH

During the course of recovery from a concussion, seek medical attention for mental health challenges as needed, such as:

- More emotional
- Irritability
- Sadness
- Nervousness or anxiousness
- Trouble falling asleep
- Depression

For more information on concussions, visit cattonline.com.