# CONCUSSION

*Ensure Safety for Self & Others*
**Dial Triple Zero (000)**
*For an Ambulance*

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

### FOR CONCUSSION SYMPTOMS

**REMOVE FROM ACTIVITY**

Keep still and at rest
Do not leave alone

OR

### FOR SUSPECTED SPINAL INJURY

**STOP**

Keep still
Keep the neck and spine aligned

### 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

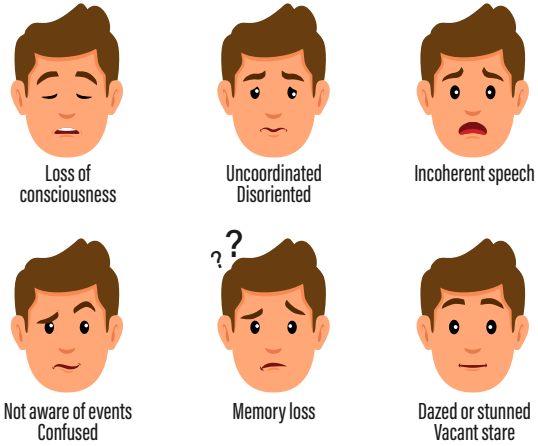
### REFER

**Take note of symptoms**
When - How long - How bad - Record if possible
Report information on handover of the casualty
**For spinal injury and/or unconsciousness call 000**
**For concussion take to a medical professional**
Treat other injuries as required and monitor constantly
Do not allow to return to the activity
Ensure parents/carers are contacted if a minor

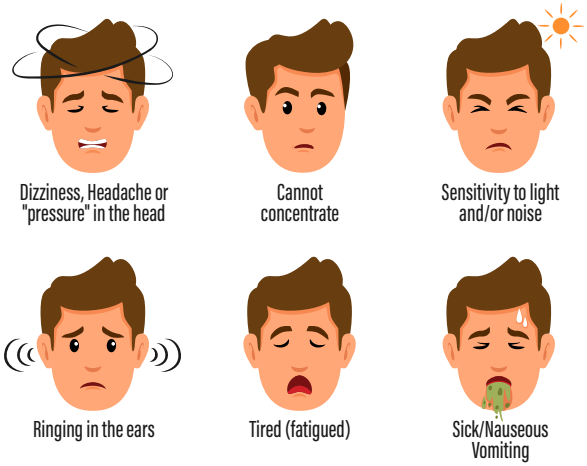
FOR SPINAL INJURY
AND UNCONSCIOUSNESS,
NO MATTER HOW BRIEF
Call 000



## Signs - visible clues:




## Symptoms - what the casualty feels:





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