

# Concussion Recognition & Aid

This playbook outlines the steps for identifying a concussion and the initial first aid response. It includes guidelines for monitoring symptoms and determining when to seek medical attention for the injured person.

## Step 1: **Safety**

Ensure the injured person is in a safe location. Avoid moving them if a neck or spine injury is suspected unless there is an immediate danger.

## Step 2: **Assessment**

Look for signs of concussion such as confusion, headache, dizziness, blurred vision, nausea, or balance problems.

## Step 3: **Questioning**

Ask simple questions to assess the injured person's orientation and memory, such as the current location, time, or recent events.

## Step 4: **Observation**

Monitor the person for changes in consciousness, worsening symptoms, or new symptoms emerging. Keep them awake and alert if possible.

## **Step 5: Limit Activity**

Advise the person to stop any physical or strenuous activities immediately. Rest is crucial following a concussion.

## **Step 6: Seek Medical Help**

If any symptoms of a concussion are present, or if there is uncertainty, seek professional medical assistance as soon as possible.

## **Step 7: Continued Monitoring**

While awaiting medical help or after being seen by a health professional, continue to monitor the person closely for any deterioration or persistent symptoms.

## **Step 8: No Medication**

Do not administer pain relief medication like aspirin or ibuprofen without medical advice, as these can increase bleeding risks.

# **General Notes**

## **Information Collection**

Gather as much information as possible about the event that led to the injury and any symptoms that followed, to relay to medical professionals.

## **Emergency Signs**

If the injured person experiences seizures, repeated vomiting, or loss of consciousness, call emergency services immediately.

## Legal Requirements

Be aware of any legal requirements for reporting and documenting injuries if the concussion occurred during a sporting event or in a work setting.

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