

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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