

# 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

### **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**

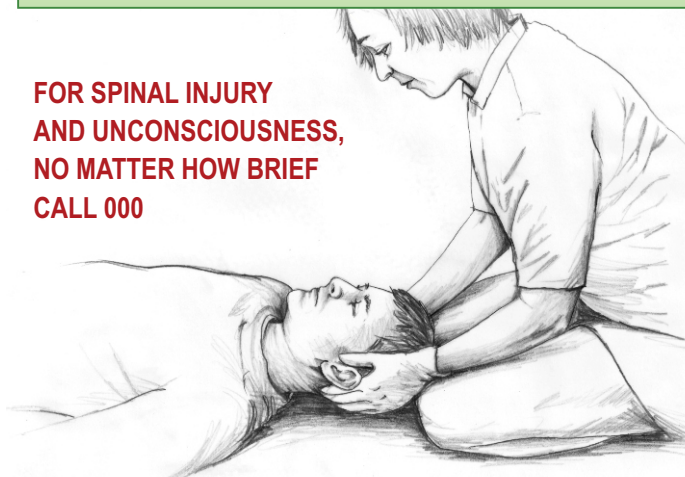
**For concussion take to a medical professional**

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:**



Loss of  
consciousness



Uncoordinated  
Disoriented



Incoherent  
speech



Not aware of events  
Confused



Memory loss



Dazed or stunned  
Vacant stare

### **Symptoms – what the casualty feels:**



Dizziness, Headache or  
"pressure" in the head



Cannot  
concentrate



Sensitivity to light  
and/or noise



Ringing in  
the ears



Tired  
(fatigued)



Sick/Nauseous  
Vomiting