

# Workers and Workplaces: Introduction

Welcome to the concussion awareness course for workers and workplaces. The Concussion Awareness Training Tool, also known as CATT, provides workers and workplaces with the information they need to take an evidence-based approach in responding to and managing concussion.

CATT is based upon the best available evidence and research, including interviews with healthcare and workplace professionals, and with people from various industries who are either actively recovering from concussion, or who have returned to work following a concussion.

The Reference section at the end of this course provides a list of evidence-based concussion resources.

This course will help you to:

- increase concussion awareness and knowledge;
- recognize the signs and symptoms of concussion;
- respond appropriately to an event that could result in a concussion;
- access concussion management support at work;
- support concussion management using the Return to Work or the Return to Activity strategy;
- manage concussion symptoms and persistent symptoms; and
- prevent concussion in the workplace.

Continue to the next section to test your current knowledge on concussion before starting this course.