

Concussion Awareness, Response, and Management for the Motion Picture, Film, & Live Performance Industries



If a significant impact or motion to the head or body occurs that can cause the brain to move inside the skull that leads one to suspect a concussion

STOP

CALL FOR ON-SITE FIRST AID, REMOVE FROM ACTIVITY IMMEDIATELY AND ASSESS FOR RED FLAGS

RED FLAGS

- | | | |
|-------------------------|--|---|
| Neck pain or tenderness | Weakness or tingling/burning in arms or legs | Deteriorating conscious state |
| Double vision | Severe or increasing headache | Vomiting |
| Seizure or convulsion | Loss of consciousness | Increasingly restless, agitated, or combative |

IF YES TO ANY OF THE ABOVE:
Call an ambulance or seek immediate medical care

IF NO TO ALL RED FLAGS:
Assess for signs and symptoms of concussion

FOLLOW MEDICAL ADVICE, AND:

Follow initial recovery protocol of physical and cognitive rest (2 days max), including:

- ☐ Limited screen time (smartphones, computers, TV)
- ☐ Limited cognitive activity (reading, driving)
- ☐ Limited physical activity

Note: Sleep is important! Do not wake during the night if sleeping comfortably

INCREASED RISK OF CONCUSSION IF:

- ☐ Currently recovering from a concussion
- ☐ Previous history of concussion
- ☐ Experiencing persistent concussion symptoms

CONCUSSION SIGNS AND SYMPTOMS

- | | | |
|--|--|---|
| <input type="checkbox"/> Headache | <input type="checkbox"/> Ringing in the ears | <input type="checkbox"/> Difficulty concentrating |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Seeing "stars" | <input type="checkbox"/> Poor memory |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Irritability | <input type="checkbox"/> Neck pain |
| <input type="checkbox"/> Blurred vision | <input type="checkbox"/> Fogginess | <input type="checkbox"/> Sadness |
| <input type="checkbox"/> Light/Sound sensitivity | <input type="checkbox"/> Fatigue | <input type="checkbox"/> Confusion |
| <input type="checkbox"/> Imbalance | | |

AFTER 48 HOURS:

Follow Return to Work protocol
Follow Return to Activity protocol
Follow Return to School protocol
Follow Return to Sport protocol

IF YES TO ANY OF THE ABOVE:
SEEK MEDICAL ATTENTION from a licensed medical professional (physician/nurse practitioner*)
* If applicable in your area

IF NO SYMPTOMS:

PERFORMERS: Refrain from repeating actions that caused initial impact and/or repetitive jarring motions
ALL WORKERS: Limit physical activity and advise worker to watch for signs and symptoms for 48 hours

MENTAL HEALTH

During the course of recovery from a concussion, seek medical attention for mental health challenges as needed, such as:

- ☐ More emotional
- ☐ Irritability
- ☐ Sadness
- ☐ Nervousness or anxiousness
- ☐ Trouble falling asleep
- ☐ Depression

IF SYMPTOMS OBSERVED WITHIN 48 HOURS

IF NO SYMPTOMS OBSERVED AFTER 48 HOURS

RESUME NORMAL WORK ACTIVITY

For more information on concussions, visit cattonline.com.