

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

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

FOLLOW MEDICAL ADVICE, AND:

Follow initial period of relative rest (i.e., engage in activities of daily living including walking and other symptom-limited physical and cognitive activities as tolerated).

Light physical and cognitive activity is encouraged, as long as the activities do not result in more than mild and brief symptom exacerbation.*

- ☐ Limited screen time for the first 24-48 hours (smartphones, computers, TV)
- ☐ Engage in light cognitive activities (e.g. reading)
- ☐ Engage in light physical activity (e.g. walking)

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

*Mild and brief symptom exacerbation: an increase in current concussion symptoms of no more than 2 points on a 0-10 point scale for less than an hour compared to the resting value prior to the activity (i.e., physical or cognitive).

AFTER 48 HOURS:

Follow Return to Work strategy
Follow Return to Activity strategy
Follow Return to School strategy
Follow Return to Sport strategy

For more information on concussions, visit cattonline.com.

INCREASED RISK OF CONCUSSION IF:

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

CONCUSSION SIGNS AND SYMPTOMS

- ☐ Headache
- ☐ Dizziness
- ☐ Nausea
- ☐ Blurred vision
- ☐ Light/Sound sensitivity
- ☐ Imbalance
- ☐ Ringing in the ears
- ☐ Seeing “stars”
- ☐ Irritability
- ☐ Fogginess
- ☐ Fatigue
- ☐ Difficulty concentrating
- ☐ Poor memory
- ☐ Neck pain
- ☐ Sadness
- ☐ Confusion

IF YES TO ANY OF THE ABOVE:

SEEK MEDICAL ATTENTION from a doctor, nurse practitioner, or licensed healthcare professional with relevant training

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

IF SYMPTOMS OBSERVED WITHIN 48 HOURS

IF NO SYMPTOMS OBSERVED AFTER 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

RESUME NORMAL ACTIVITY