

Concussion

First Aid Fact Sheet



Any person who has suffered loss of consciousness or an altered state of consciousness after a blow to the head should not return to their activity (eg sport) and should see a medical practitioner urgently.

Signs & Symptoms

Some or all of the following may indicate concussion:

- loss of consciousness
- persistent headache
- faintness, dizziness
- confusion
- loss of memory, particularly of the event
- blurred vision
- slurred speech
- altered or abnormal responses to commands and touch
- vomiting within a few hours after a head injury
- wounds to the scalp or face



What to do

1. Follow DRSABCD.
2. If the patient is conscious and no spinal injury is suspected, place the patient in a position of comfort with their head and shoulders slightly raised.
3. Advise them to seek medical attention.
4. If the patient is unconscious and breathing but a spinal injury is suspected, place the patient in the recovery position, supporting the patient's head.
5. If the patient is unconscious and NOT breathing start CPR immediately.
6. Call triple zero (000) for an ambulance.
7. Ensure airway is clear and open. Keep the patient's airway open by lifting their chin. DO NOT force if the face is badly injured.

Head injury

1. Control any bleeding with direct pressure at the point of bleeding.
2. If blood or fluid comes from the ear, secure a sterile dressing lightly over the ear. Lie the patient on their injured side, if possible, to allow the fluid to drain.
3. Ensure 000 has been called, noting the patient's condition so that you can report it to the paramedics.

In a medical emergency call Triple Zero (000)

You could save a life with First Aid Training

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