



## PICK YOUR BRAIN: CONCUSSION SAFETY

Concussions are a type of Traumatic Brain Injury (TBI) caused by a fall, bump or blow to the head or body that causes the head and brain to move rapidly back and forth. A concussion *can* cause a temporary loss of consciousness, but not always. If you or someone you know suspects they have sustained a concussion it's necessary to see a medical provider right away.

BY SAVANNAH  
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At Work Right, we figured it was a *no-brainer* to fill your brain with all of the signs and symptoms of concussions, how to manage them, and to keep you **PREPARED** to avoid them outright!



### CONCUSSIONS IN THE WORKPLACE

- Approximately **1 in 4** Traumatic Brain Injuries happen in the workplace (and this is likely lower than what is actually reported). TBI's are most commonly caused by falls, being struck by falling objects, or motor vehicle accidents.
- These accidents can be prevented! If we brush up on our **PREPARED** principles; **R, Review your Hazards** and **E, Evaluate your Equipment** for the job, we have the opportunity to intervene and protect ourselves and others before accidents occur.

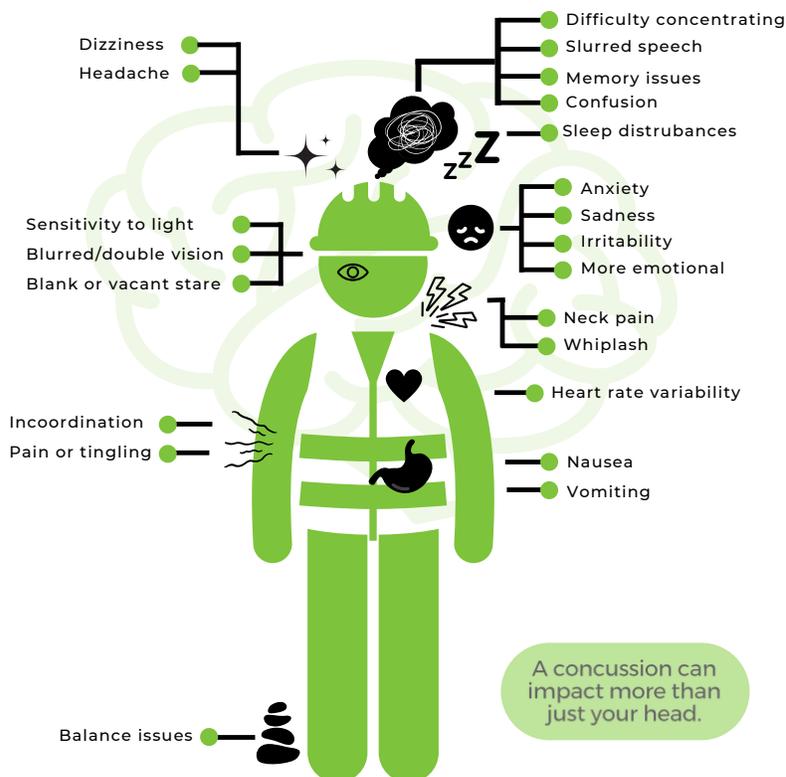
### RECOVERY

Here are some things to keep in mind as you recover from a TBI (aka concussion):

- Symptoms can last days, weeks, or sometimes months after the initial accident.
- One of the **most commonly reported** symptoms of a TBI is disturbed sleep which reinforces the importance of physical and mental rest following a head injury.
- Although it is unnecessary to isolate yourself and lie in a completely dark room for days, it is important to limit activities such as *reading* and *screen time* if they increase your symptoms.
- After your period of rest it is important to gradually increase daily activities.
- Light physical activity has been shown to speed recovery; however you should avoid any activities that pose a high risk of another head injury or increase your symptoms.

### SIGNS AND SYMPTOMS

If a TBI does occur, the effects can be serious and it is important to understand the signs and symptoms.



A concussion can impact more than just your head.

Additionally, your doctor may recommend modifications or additional therapies if any problems with thinking or memory are present.



**Savannah Peters, MS, ATC, LAT** || Savannah is a Certified Athletic Trainer and Injury Prevention Specialist in Hillsboro, OR. She grew up in southern California, then pursued further education in New York where she studied and played volleyball at Clarkson University. She holds a master's degree from Stony Brook University. In her free time she likes to play volleyball, create and explore new foods, and hang out with her cats, Potato and Luna.

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

