

SAFETY TALK

Date:

Environmental Health and Safety Newsletter

October 2024

Concussion Safety

Concussions can happen to anyone, not just athletes. Employees working at heights, researchers in laboratories, and theater arts students performing onstage or behind the scenes may be exposed to risks of head injury. **Immediate medical attention is required after any head injury.**

A concussion is a form of traumatic brain injury caused by a bump, blow, or jolt that causes the head and brain to move back and forth rapidly. It is possible to have a concussion due to whiplash, or rapid rotation, shaking or jerking of the head or even the body. On a worksite, falls, slips and trips, and vehicle collisions often produce injuries that can lead to concussions.

A concussion may or may not involve a loss of consciousness. You do not have to black out or be knocked out to experience a concussion. Some common signs and symptoms include:

- One pupil larger than the other
- Loss of consciousness
- Headache (or a sensation of pressure in your head)
- Nausea or vomiting
- Dizziness
- Seeing stars or lights
- Blurred or double vision
- Slurred speech
- Balance problems
- Sensitivity to light and/or noise
- Difficulty concentrating
- Difficulty remembering
- Confusion, drowsiness and an incoherent thought process

Symptoms may not be present immediately after the injury, but may emerge in the subsequent hours or days. It is therefore important to monitor for symptoms several days following a head injury.

Preventing Concussions:

- Remove tripping hazards. Make sure walkways and work spaces are free of clutter, cords, puddles of water, or anything else that can cause a slip, trip or fall.
- Use proper signage to alert employees of wet or slippery surfaces.
- Clean and organize shelves, storage areas and work spaces to avoid falling objects
- In a warehouse or storage facility, do not climb shelves, and place the heaviest objects on the floor or the lowest possible shelving.
- Wear the proper type of safety footwear to prevent falls if you work in slippery, icy or rugged terrain.
- Do not stand on chairs, desks or tables.
- Use caution when working at heights. Know how to use fall protection and fall restraint equipment.
- Ensure proper fit and condition of hard hats and other PPE equipment

Signature

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Please share the safety talk, for the noted month, with your employees and sign off on this form. All others should read for themselves. Completed forms shall be kept on file by the department.