



First Aid & CPR Training Group

concussion signs & symptoms checklist

Concussions happen when there is a jolt or bump to the head and can range from mild to severe, but all suspected concussions should be taken seriously. The signs and symptoms below are from the CDC Traumatic Brain Injury (TBI) awareness website. (Please keep in mind that this checklist is not a substitute for medical advice from a doctor.)

Signs Observed by Others:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (*even briefly*)
- Shows mood, behaviour, or personality changes
- Can't recall events *prior* to hit or fall
- Can't recall events *after* hit or fall

Symptoms Felt by the Victim:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

NOTE: A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.



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