

Appendix 1: Concussion first aid management

The following table offers prompts for first aid officer to provide an immediate first aid response to an athlete is suspected of having a concussion.



For RED FLAG SIGNS, call 000 and request ambulance.

- Advise Queensland Ambulance Service Emergency Medical Dispatcher of signs and symptoms and follow their instructions.
- Follow Danger, Response, Airway, Breathing, Circulation first aid principles.
- DO NOT MOVE an athlete showing RED FLAG signs unless they require CPR or seizure management – and follow 000 instructions regarding safe positioning to limit possible spinal cord injuries.
- DO NOT remove a helmet or any other equipment.

Issue	Athlete is concussed, or has a head injury, whip-lash or fall which may have transmitted a force to the brain.					
Initial assessment - check signs and symptoms	Unconscious and not breathing 	Unconscious but breathing normally Vomiting 	Seizure 	Blood/clear fluid from ear/nose Blackening of eyes Bruising behind ears Unequally dilated pupils Deformity of skull 	Severe or increasing headache Neck pain/tenderness Blurred/double vision Hearing disturbance Weakness/tingling/burning/loss of sensation in arms/legs Behaviour change, e.g. combative, restless, irritable Drowsy Memory loss 	Bruises, cuts, abrasions to the head
First aid treatment	Call 000. Commence CPR 	Call 000. Roll into recovery position and monitor vital signs until ambulance arrives 	Call 000. Roll into recovery position and commence seizure management 	Call 000. Position to encourage drainage 	Call 000. Monitor student's condition.	Call 13Health and request advice. Treat for bleeding, wounds and soft tissue injuries. Monitor student's condition. Encourage parent to seek medical advice.
Document observable signs	While first aid officer provides emergency first aid response, the Manager/delegate completes Concussion Referral form.				First aid officer uses the Concussion Referral to document signs observed.	

