

CONCUSSIONS AT SCHOOL: *Protecting Everyone*

Concussions are brain injuries that can be caused when a bump, blow, or jolt to the head, neck, or body causes the brain to move or twist inside the skull.

If you or a colleague experience a workplace incident that could cause a concussion, watch for these signs and symptoms:

Physical

- headache
- pressure in the head
- dizziness
- nausea or vomiting
- blurred vision
- sensitivity to light or sound
- ringing in the ears
- balance problems
- tired or low energy
- drowsiness
- “don’t feel right”

Sleep-related

- sleeping more or less than usual
- having a hard time falling asleep

Cognitive

- not thinking clearly
- slower thinking
- feeling confused
- problems concentrating
- problems remembering

Emotional

- irritability (easily upset or angered)
- depression
- sadness
- nervous or anxious

Red flags

These symptoms could indicate a more serious injury and should be treated as an emergency. Call 911 immediately if you or an injured colleague experience any of the following:

- neck pain or tenderness
- double vision
- weakness or tingling in arms or legs
- severe or increasing headache
- seizure or convulsion
- loss of consciousness (knocked out)
- vomiting more than once
- increasingly restless, agitated or aggressive
- getting more and more confused

Key facts about concussions

- Workers are often not in the right state to evaluate the seriousness of their injury. Someone with first aid qualifications should assess them.
- A concussion is an “invisible injury” and relies on the injured person describing their symptoms.
- Symptoms may appear or worsen later, which can delay medical care and workplace reporting.
- Workers may push themselves to return to regular work, or feel pressure from supervisors and colleagues, which interferes with recovery and risks further injury.
- Research is ongoing and some advice for treatment and recovery have changed. A health-care provider should always be consulted for concussions.

If you get injured

- Make sure concussions caused by workplace incidents, requiring lost time, accommodations, or health care, are reported to the WSIB.
- Follow the advice of health-care professionals, get advice before resuming regular activities, and ensure limitations are shared with your supervisor/employer.
- Get the support of your ETFO local throughout the return-to-work process.



Protect yourself. Report symptoms. Recovery matters.

Early recognition and proper care are critical to concussion recovery and workplace safety. ETFO is here to help. Speak to your health and safety representative to discuss preventing concussions and contact your ETFO local office if you've experienced a possible concussion.

Visit etfohealthandsafety.ca to learn more about protecting yourself from workplace hazards.



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