CONCUSSION

WHAT IS A CONCUSSION?
A concussion is a mild brain injury that occurs when you hit or jolt your head, face, or body quickly, causing the brain to move inside the skull.

HOW CAN CONCUSSIONS HAPPEN?
• Workplace injuries
• Car accidents
• Everyday accidents (i.e., slips and falls)
• Sports injuries

COMMON SIGNS AND SYMPTOMS
• Headache
• Nausea
• Dizziness
• Blurred or double vision
• Sensitivity to noise/lights (i.e., fluorescent light)
• Fatigue/decreased energy
• Changes in mood
• Nervous or anxious
• Poor sleep
• Memory loss and brain fog
*Symptoms may be immediate but can also show up a few hours and/or days later

HOW SYMPTOMS AFFECT SOMEONE AT WORK

Physical
• Reduced activity tolerance
• Sensitivity to loud environments
• Feeling fatigued and/or having low stamina

Cognitive
• Difficulty multitasking
• May be easily distracted
• Difficulty following instructions

Emotional
• Mood changes including feelings of sadness, anxiety, and/or irritability, which may affect relationships at work

CONCUSSION MANAGEMENT
• Contact your health care provider for assessment and management of your symptoms
• If your symptoms are affecting you at work, please reach out to the Employee Well-being Consultant for your department for support
• For more information, please refer to:
  • Ontario Neurotrauma Foundation
  • Brain Injury Canada
  • Concussion Ontario
  • St. Joseph’s Hospital – ABI Resources

Disclaimer: This handout is provided as educational information and does not substitute for the consultation, diagnosis, or treatment from qualified healthcare providers. External resources have been carefully selected but are not produced by Western University. References available upon request. Illustrations by vectorjuice on Freepik.