



concussion

when in doubt,
sit it out!

CONCUSSION MANAGEMENT ON FIELD TOOL



Signs and symptoms of concussion appear up to **24-48 hours** after the injury. Ask the parent to monitor the child for 48 hours, recording signs and symptoms. The severity, duration and number of symptoms at **20min, 2hrs, 24hrs, and 48hrs** should be recorded.

If at any time the child's symptoms worsen, or if there is uncertainty, the child should be taken to the hospital.

If at any time, the child becomes unconscious or has a seizure, provide **CPR/manage the seizure and call 000**

Use the DRS ABCD action plan



To access more information on concussion:

Visit: sitoutconcussion.org.au

Email: Kids Health - kidsh@chw.edu.au