

SafetyAlert

Concussion Injuries



The purpose of this safety alert is to raise awareness of the risks associated with suspected concussion.

Background

Recently an accident occurred on one of our sites when an operative walked into the path of a slewing long reach excavator which was operating on a barge. He was struck on the head by the ballast and fell to the floor where he lay motionless for a short period of time. He was assisted to his feet by the excavator driver. As a result of the impact he had a large swelling to the top of his head and complained of pins and needles in his hands. He refused to attend hospital for a check-up.

What is concussion?

Concussion is a type of traumatic brain injury that is caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull. You don't have to lose consciousness to have concussion. Some people will have obvious symptoms of concussion, such as passing out or forgetting what happened immediately before the injury, but other people won't. Symptoms of concussion range from mild to severe and can last for hours, days, weeks or even months. With rest, most people fully recover from concussion. It is important to know that after concussion the injury is more sensitive to damage. Activities that have the potential to injure again should therefore be avoided during the recovery process.

When to seek medical attention?

In circumstances where you suspect someone has suffered concussion, make immediate arrangements for them to be seen by a doctor. Thereafter, if someone has been discharged and the following symptoms develop, seek immediate medical attention;

- A headache that seems to be getting worse
- Increased drowsiness or dizziness
- Increased confusion
- Continued vomiting

Please contact the SHEQ Department if you have any queries.