

# 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](#)