

# Concussion Awareness, Response, and Management for the Motion Picture, Film, & Live Performance Industries



A significant impact or motion to the head or body that can cause the brain to move inside the skull

**STOP** REMOVE FROM ACTIVITY IMMEDIATELY AND ASSESS FOR RED FLAGS

- RED FLAGS**
- Neck pain or tenderness
  - Double vision
  - Seizure or convulsion
  - Weakness or tingling/burning in arms or legs
  - Severe or increasing headache
  - Loss of consciousness
  - Deteriorating conscious state
  - Vomiting
  - Increasingly restless, agitated, or combative

**IF YES TO ANY OF THE ABOVE:**  
Call an ambulance or seek immediate medical care

**IF NO TO ALL RED FLAGS:**  
Assess for signs and symptoms of concussion

**FOLLOW MEDICAL ADVICE, AND:**

Follow initial recovery protocol of physical and cognitive rest (2 days max), including:

- Limited screen time (smartphones, computers, TV)
- Limited cognitive activity (reading, driving)
- Limited physical activity

**Note:** Sleep is important! Do not wake during the night if sleeping comfortably

**INCREASED RISK OF CONCUSSION IF:**

- Currently recovering from a concussion
- Previous history of concussion
- Experiencing persistent concussion symptoms

- CONCUSSION SIGNS AND SYMPTOMS**
- Headache
  - Dizziness
  - Nausea
  - Blurred vision
  - Light/Sound sensitivity
  - Imbalance
  - Ringing in the ears
  - Seeing "stars"
  - Irritability
  - Fogginess
  - Fatigue
  - Difficulty concentrating
  - Poor memory
  - Neck pain
  - Sadness
  - Confusion

**AFTER 48 HOURS:**

Follow Return to Work protocol  
Follow Return to Activity protocol  
Follow Return to School protocol  
Follow Return to Sport protocol

**IF YES TO ANY OF THE ABOVE:**  
SEEK MEDICAL ATTENTION from a licensed medical professional (physician/nurse practitioner\*)  
\* If applicable in your area

**IF NO SYMPTOMS:**  
**PERFORMERS:** Refrain from repeating actions that caused initial impact and/or repetitive jarring motions  
**ALL WORKERS:** Limit physical activity and watch for signs and symptoms for up to 48 hours

**IF SYMPTOMS OBSERVED WITHIN 48 HOURS**

**IF NO SYMPTOMS OBSERVED AFTER 48 HOURS**

**RESUME NORMAL WORK ACTIVITY**

**MENTAL HEALTH**

During the course of recovery from a concussion, seek medical attention for mental health challenges as needed, such as:

- More emotional
- Irritability
- Sadness
- Nervousness or anxiousness
- Trouble falling asleep
- Depression

For more information on concussions, visit [cattonline.com](http://cattonline.com).

