



NOTES from NURSING



Spring is finally here !

Outdoor Safety Tips

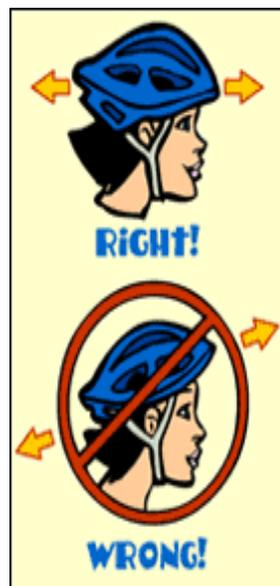
One of the best ways to stay safe this summer is to **wear a helmet** and other safety gear when biking, skating and skateboarding, when riding scooters, and all-terrain vehicles.

Bike crashes or collisions can happen at any time. In 3 out of 4 bike crashes, bikers usually get some sort of injury to their head.

Helmets are designed to help prevent injuries to the head. A serious fall or crash can cause permanent brain damage or death.

Studies on bicycle helmets have shown they can reduce the risk of head injury by 85%.

The helmet should sit flat on the head - make sure it is level and is not tilted back or forward. The front of the helmet should sit low - about 2 finger widths above the eyebrows to protect the forehead. The straps on each side of the head should form a Y over the ears, with one part of the strap in front of the ear and the other behind - just below the earlobes. Buckle the chin strap so that the helmet fits snug on the head and does not move up and down or from side to side.



Spotting the Signs of Concussion

A concussion can result from a fall or sudden blow to the head.

A sufferer may not lose consciousness. Concussion in sports can happen during drills, practices and games.

One of the great dangers is an athlete may be suffering from a concussion for hours or days without obvious clues an injury has occurred.

Warning signs of a concussion include:

- Appearing dazed, stunned or confused
- Confusion about assignment or position
- Moving clumsily
- Answering questions slowly or slurred speech
- Losing consciousness (even briefly)
- Mood, behavior or personality changes
- Can't recall events prior to or after a hit or fall
- Headache or pressure in head
- Nausea, vomiting or dizziness
- Double or blurred vision
- Sensitivity to light and noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Does not "feel right" or is "feeling down"

Anyone who experiences a concussion should see a doctor promptly to determine its severity.

Seek emergency medical help if you lose consciousness or have worsening symptoms.

A health care professional, *experienced in evaluating a concussion*, needs to let you know when it is safe to return to play.

Enjoy your sports, safely!

District School Nurse
Warren Consolidated Schools
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