



## 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!

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