# Concussion

## Prevention

Concussions can have significant long-term effects. Simple measures such as using safety gear, adhering to rules in sports and daily activities, and staying aware of surroundings can help minimize concussion risks in everyday life, playing sports, and at work.

Preventive Measures in Daily Activities

Practice safety in everyday activities. Use handrails on stairs, secure loose rugs, and keep floors clutter-free to prevent falls (a common cause of concussions at home, especially for the elderly and children).

Road safety

Always wear seat belts in vehicles and helmets while biking or motorcycling. Follow road safety rules to reduce the risk of accidents leading to head injuries.

Workplace Safety

Follow safety protocols in the workplace, especially in construction or industrial settings. Wear protective headgear and ensure a safe working environment to prevent head injuries.

Recreational Activity Safety

Practice safe sports techniques and follow rules designed to prevent injuries. For example, wear protective gear, and follow proper tackling methods in football and body checking regulations in hockey.

Home Safety for Children

Childproof your home to prevent head injuries in children. This includes installing window guards, using safety gates, and creating safe play areas.

Education on Risks and Prevention

Educate yourself and others about concussion risks and prevention strategies. Understanding the causes and risks can help prevent injury.

Awareness and Community Education

Promote community awareness programs on concussion prevention. Schools, sports clubs, and community centres can play a significant role in spreading information and organizing safety workshops.

For more info, visit braininjurycanada.ca