Learn more about the need for prevention, recognition, and management of concussion



www.cattonline.com



This tool is a guideline for managing an individual's return to work following a concussion and does not replace medical advice. Every concussion is unique, and recovery is very different for each individual. Timelines and activities may vary based on direction from a doctor, nurse practitioner, or healthcare professional with relevant training. It is important to get medical clearance before returning to high-risk activities.

Return to Work

·C DAT2		·L GAT2
healthcare professional with relevant train		

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*J297 eviteler bne **privil vlisb fo seitivitsA**

erved states of 24-48 hours

(worsening) of concussion symptoms. more than mild and brief** exacerbation and light walking that do not result in Activities at home such as social interactions

Examples:

- Preparing meals
- Housework
- Light walking
- following concussion. Minimize screen time for first 24-48 hours
- .noissuonoo e reffe Avoid driving during the first 24-48 hours

Contact workplace to discuss a tailored

BEGIN STEP 2 after injury,

2116 Show of 24-48 hours

Activities of daily living, as tolerated

Return to Work plan.

.seupealloo/sreag activities and connect socially with Increase tolerance to work-related

with accommodations, If able to tolerate work

BEGIN STEP 3

gradually resumed, as tolerated.

Use of devices with screens may be

concussion symptom exacerbation

Take breaks and adapt activities if

Work should be avoided.

Work activities

(at work, as tolerated)

Reading or other cognitive activities.

(worsening) is more than mild and brief.**

work, provided it does not pose risk of re-

· Individuals are encouraged to remain at, or

Medically unnecessary delays in Return to

promptly return, to some form of productive

may be slowed when there is more than a mild and brief symptom exacerbation". Therefore, each program should be individually prescribed and should support the reintegration and rehabilitation of the person with the injury or disability back into the workplaces or occupational health and safety organizations. Driving should rehabilitation of the person with the injury or to workplaces or occupational health and safety organizations. Driving should rehabilitation of the person with the injury or to workplaces or occupational health and safety organizations. Driving should rehabilitation of the person with the injury or to workplaces or occupational health and safety organizations. Returning to work is an individual process, in some instances workers may return to regular duties, while others may need accommodations or placement in a completely different job function. Progression through the strategy

BEGIN STEP 4

related accommodations,

lf can tolerate full days without concussion

Gradually reduce accommodations

periods, to ensure that they are no longer

concussion-related accommodations are

increase workload until full days without

Access to a quiet, distraction-free work

Partial work days with access to breaks

according to your graduated return to work

· May require accommodations, such as:

Gradually reintroduce work activities,

work with accommodations

Part-time or full-time days at

STEP 3:

· Gradually reduce accommodations and

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and increase workload

tolerated.

·ueid

(bebeen ti)

environment

Extra time for tasks

throughout the day

*Relative rest: activities of daily living including walking and other light physical and cognitive activities are permitted as tolerated. *Relative rest: activities of daily living including walking and other light physical and cognitive activities are permitted as tolerated. consultation with a doctor, nurse practitioner, or healthcare professional. Progression through the strategy may be slowed when there is more than a mild and brief symptom exacerbation.

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Return to Work completed

related to the concussion) Full workload (no accommodations

nurse practitioner, or licensed healthcare

(e.g., operating heavy equipment, working

accommodations (related to the concussion).

Return to full days at work without requiring

:4 qate

have safety implications for you or others

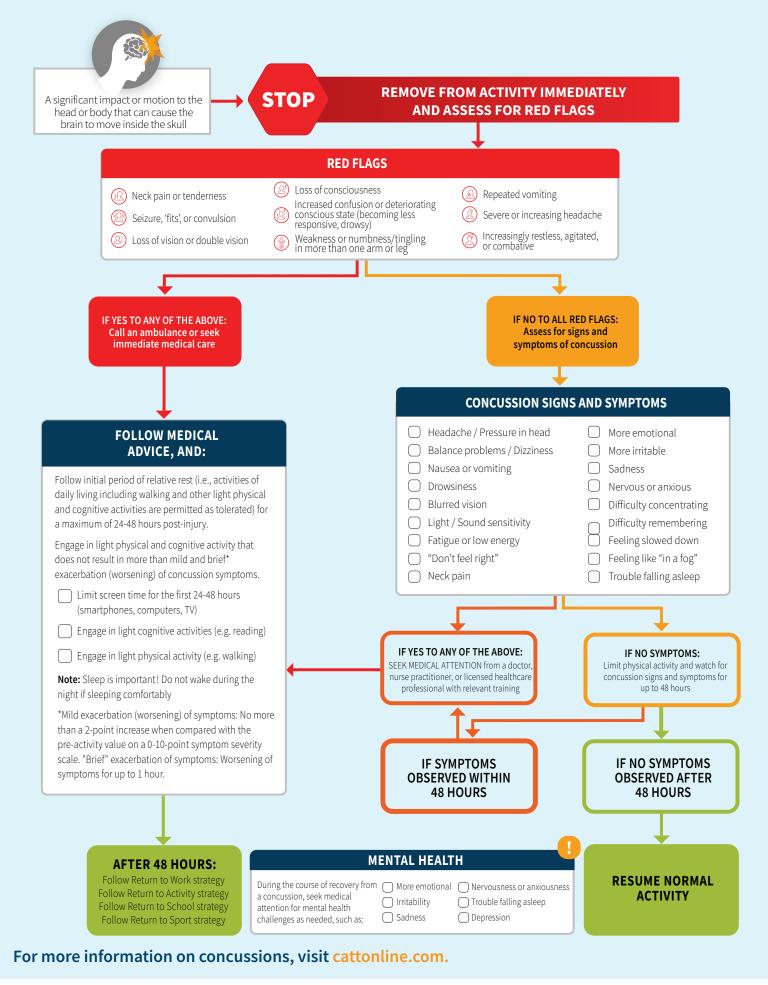
Note: Only return to job duties that may

Return to work full-time

trom heights) when cleared by a doctor,

professional.

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