

## >> SAFETY MATTERS

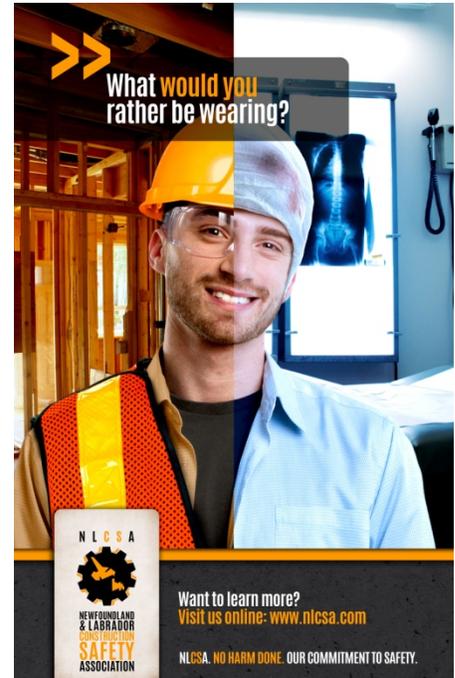
### Head Injuries and Concussions

#### Workplace Head Injuries Over the Past 10 Years in Newfoundland and Labrador

Over the ten year period, 2007 to 2016, the **construction industry in Newfoundland and Labrador experienced a 77% decrease (from 12.1 to 2.8) in the number of head injuries per 1,000 workers**, compared to a 43% decrease in head injuries across all industries during the same period.

The number of head injuries within construction in our province is now pretty much on par with the *'all industries'* rate of 2.7.

Source: WorkplaceNL



A head injury can be anything from a slight cut requiring first aid to a life altering injury, and even if there is no immediate visible sign of injury, a concussion can occur. It's important to know the signs and symptoms of concussions and what can be done to help prevent head injuries.

#### Concussion Signs & Symptoms

There are many different definitions of concussion, but generally it can be described as a form of head trauma or injury that hampers normal brain function, usually on a temporary basis. Even within the category of concussion there can be a broad range of severity, sometimes developing over several hours or even days and there may or may not be a loss of consciousness. Here are some symptoms to look for: headache; loss of balance/dizziness; blurred vision; sensitivity to light or sound; slurred speech; and/or muddled thoughts. If you suspect a concussion, it is advisable to seek medical attention.

#### Preventing Head Injury

Head injury can occur as a result of many things, including: slips, trips and falls; being struck by moving equipment; being struck against stationary objects; being hit by falling objects; severe or prolonged vibration/shaking, etc. The following can go a long way to preventing head injury:

- Good housekeeping and adequate lighting;
- Properly maintained, operated and/or secured equipment and materials;
- Safe job procedures; and
- Task appropriate CSA-approved hard hats.

NLCSA's "What Would You Rather be Wearing?" head injury poster, shown above, and two other posters (relating to eye injuries and foot injuries) are available, free of charge, upon request at [info@nlcsa.com](mailto:info@nlcsa.com) or by downloading from our website, [www.nlcsa.com](http://www.nlcsa.com) under the Resource Library tab.

