

This tool is a guideline for managing an individual's return to work following a concussion and does not replace medical advice. The goal for each stage is to find the 'sweet spot' between doing too much and doing too little. Timelines and activities may vary by direction of a health care professional.



CATT
CONCUSSION AWARENESS
TRAINING TOOL

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AT HOME		AT WORK	
STAGE 1:	Initial physical and cognitive rest <ul style="list-style-type: none">• Rest in a quiet and calm environment.• Try activities that do not aggravate symptoms (e.g., listening to quiet music or colouring).• Sleep as much as your body needs while trying to maintain a regular night sleeping schedule.Limit:<ul style="list-style-type: none">• Lengthy social visits.• Screen time (smartphone, computer, television) and reading.Avoid:<ul style="list-style-type: none">• Sports or physical activities that increase your heart rate or cause you to break a sweat. <p>NOTE: It is recommended to discuss driving with a licensed medical professional for safety considerations.</p>	STAGE 2:	Rest <p>When symptoms start to improve OR after resting for 2 days max,</p>
STAGE 2:	Light activity <ul style="list-style-type: none">• Gradually increase cognitive activity by trying simple, familiar tasks (e.g., reading, watching TV, using the computer or drawing).• Go for walks or try other light physical activity (e.g., swimming, stationary bike, light housework), without becoming short of breath.• Take frequent rest periods; keep napping to a minimum.• Begin with brief periods of activity, up to 30 minutes.• Start thinking about returning to work; communicate with the workplace, a return to work plan, and your commute.	STAGE 3:	Gradually increase activity <p>When 30 minutes of activity is tolerated,</p>
STAGE 3:	Prepare to return to work—at home <ul style="list-style-type: none">• Continue to increase cognitive activity.• Continue to return to pre-injury physical activities (e.g., grocery shopping, gardening, jogging, light weight training).• Contact workplace to discuss a tailored Return to Work plan.• Attempt to commute to work to assess if it aggravates symptoms or drains energy.• A regular sleeping schedule supports a successful return to work.• Work your way up to 2 hours of activity, with breaks as needed.	STAGE 4:	Prepare to return to work <p>When 4 hours of activity is tolerated, with breaks as needed,</p>
STAGE 4:	Begin graduated return to work <ul style="list-style-type: none">• Work accommodations can include: flexible hours, reduced workload, extra time for tasks, access to a quiet, distraction-free work environment.• Arrange to return to work on a graduated basis. Consider number of hours per day and appropriate accommodations.• Work your way up to an additional 2 hours of activity, with breaks as needed.• Have a plan to leave work and return to Stage 2 if symptoms worsen.	STAGE 5:	Return to work with accommodations and a personalized <i>Return to Work</i> plan <p>When ready for regular work hours with accommodations,</p>
STAGE 5:	Regular work hours with modifications, as needed <ul style="list-style-type: none">• Decrease accommodations as energy and capacity increases.• Accommodations can be phased out in "trial" periods, to ensure that they are no longer needed.• Monitor energy levels for completing household tasks and participating in social or recreational activities after the work day.	STAGE 6:	Adjust workplace accommodations, as needed <p>When regular work hours are tolerated with min. accommodations,</p>
STAGE 6:	Full return to work <ul style="list-style-type: none">• Full regular work schedule with usual expectations for productivity, without accommodations.	STAGE 6:	Full return to work <p>Once you have COMPLETED STAGE 6, <i>Return to Work</i> strategy completed</p>



A significant impact or motion to the head or body that can cause the brain to move inside the skull

STOP

REMOVE FROM ACTIVITY IMMEDIATELY AND ASSESS FOR RED FLAGS

RED FLAGS

- | | | |
|-------------------------|--|---|
| Neck pain or tenderness | Weakness or tingling/burning in arms or legs | Deteriorating conscious state |
| Double vision | Severe or increasing headache | Vomiting |
| Seizure or convulsion | Loss of consciousness | Increasingly restless, agitated, or combative |

IF YES TO ANY OF THE ABOVE:
Call an ambulance or seek immediate medical care

IF NO TO ALL RED FLAGS:
Assess for signs and symptoms of concussion

FOLLOW MEDICAL ADVICE, AND:

Follow initial recovery protocol of physical and cognitive rest (2 days max), including:

- ☐ Limited screen time (smartphones, computers, TV)
- ☐ Limited cognitive activity (reading, driving, schoolwork)
- ☐ Limited physical activity

Note: Sleep is important! Do not wake during the night if sleeping comfortably

CONCUSSION SIGNS AND SYMPTOMS

- | | |
|--|---|
| <input type="checkbox"/> Headache | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Fogginess |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Blurred vision | <input type="checkbox"/> Difficulty concentrating |
| <input type="checkbox"/> Light/Sound sensitivity | <input type="checkbox"/> Poor memory |
| <input type="checkbox"/> Imbalance | <input type="checkbox"/> Neck pain |
| <input type="checkbox"/> Ringing in the ears | <input type="checkbox"/> Sadness |
| <input type="checkbox"/> Seeing "stars" | <input type="checkbox"/> Confusion |

IF YES TO ANY OF THE ABOVE:

SEEK MEDICAL ATTENTION from a licensed medical professional (physician/nurse practitioner *)
* If applicable in your area

IF NO SYMPTOMS:

Limit physical activity and watch for concussion signs and symptoms for up to 48 hours

IF SYMPTOMS OBSERVED WITHIN 48 HOURS

IF NO SYMPTOMS OBSERVED AFTER 48 HOURS

AFTER 48 HOURS:

Follow Return to Work strategy
Follow Return to Activity strategy
Follow Return to School strategy
Follow Return to Sport strategy

MENTAL HEALTH

During the course of recovery from a concussion, seek medical attention for mental health challenges as needed, such as:

<input type="checkbox"/> More emotional	<input type="checkbox"/> Nervousness or anxiousness
<input type="checkbox"/> Irritability	<input type="checkbox"/> Trouble falling asleep
<input type="checkbox"/> Sadness	<input type="checkbox"/> Depression

RESUME NORMAL ACTIVITY

For more information on concussions, visit cattonline.com.