

General Safety Recommendations

- The following is a list of safety tips that may help reduce the risk of having a concussion or more serious brain injury.
 - *Wear seatbelts in the car and use car seats for children installed according to the manufacturer's directions*
 - *Wear an appropriate helmet that fits well when engaging in activities such as riding a bike, skating, skiing, or playing sports*
 - *Use handrails on the stairs and install baby gates on the stairs in homes with small children*
 - *Remove trip hazards and increase lighting in dark areas of the home*
 - *Children should use playgrounds with soft surfaces, such as sand or mulch*
 - *Wear bright or reflective clothing and use lights on bicycles to improve visibility*
 - *Practice safe sportsmanship- follow rules, remove injured athletes from play, use appropriate equipment, report concussions*
 - *Practice motorcycle safety- wear a helmet, use designated roadways, drive at or below the speed limit, use an alternate form of transportation in inclement weather (if possible)*
 - *Strengthen the neck muscles- athletes with stronger neck muscles may be at lower risk for concussion*
 - *Avoid driving or participating in risky activities while under the influence of alcohol or drugs*
 - *Avoid distracted driving*

Safe Return to Play

- It is important to prevent another head injury while the brain is recovering from concussion. Second impact syndrome (SIS) is a rare condition that may occur if a person experiences concussion and then has another injury before the brain has healed. This can cause swelling in the brain that may lead to death.
- It is important to prevent SIS and reinjury by not returning athletes to play too quickly following concussion.
- Athletes with a suspected concussion should work with their athletic trainer and medical professionals to determine the right time to return to play, and they should not return to play until they are symptom free and have been cleared to participate.
- Also, although helmets do not prevent concussion, it is important for athletes to wear an appropriate helmet to avoid more severe brain or skull injury.

The CDC offers a comprehensive list of sport-specific prevention measures and helmet safety guidelines. For more information please see:

[Brain Injury Safety Tips and Prevention](#)

[Helmet Safety](#)





Additional Comments:

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