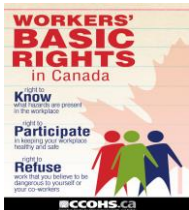


# NU Monthly Safety Newsletter

September 2022

## Rights of workers

1. The right to know about health and safety matters.
2. The right to participate in decisions that could affect their health and safety.
3. The right to refuse work that could affect their health and safety and that of others.



## Concussion Facts:

- A Concussion is a type of brain injury.
- Common causes of a concussion include falls, motor vehicle crashes and sports and recreational activities.
- Signs and symptoms of a concussion can include headache, dizziness, nausea, light or sound sensitivity, ringing in the ears, irritability, fogginess, difficulty concentrating or confusion.
- Signs and symptoms that are “Red Flags” indicating that immediate medical attention is required can include; loss of consciousness, persisting and worsening headache, slurred speech and repeated vomiting.
- Recovery from a concussion typically takes four weeks for adults.

**Prevention:** Wear a seatbelt while driving, wear recommended equipment and proper footwear when taking part in any physical activity.

## **After a Concussion;**

- Rest and Sleep at least 8 to 10 hours in a 24-hour period.
- Have someone check on you to ensure your symptoms are not worsening.
- Avoid screen time.
- Take a break from mentally demanding activities such as work, reading and computer use.
- Avoid bright lights and loud noises.
- Stay Hydrated.
- Eat a light, healthy diet.
- Avoid alcohol consumption.
- If symptoms still worsen, please seek medical attention.

