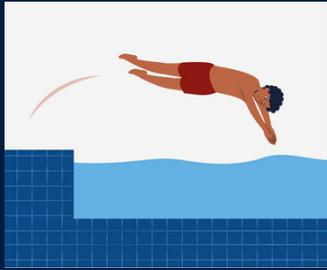


# FIRST AID AND SPORTS

HEAD TRAUMA, BRAIN CONTUSIONS AND  
CERVICAL SPINE TRAUMA



01

## PREVENT

- **Promote and practice safe behaviours**, such as wearing seat belts and head restraints when participating in motor sports or wearing back protection when riding a motorcycle or a horse.
- In contact sports (rugby, combat sports, etc.) **inform participants** of the traumatic risks.
- **Wear body protection** when playing contact sports (shin guard, helmet, mouth guard, etc.)
- **If you have spinal pain, do not practise sports.**
- **Never dive in shallow water**, with an obstructed view, in high flow or in the dark.



02

## DETECT

The victim suffered trauma, during a sudden impact or a fall

### The signs :

- He/She is or becomes drowsy, dozes off, is agitated or loses consciousness.
- He/She can't remember exactly what happened.
- He/She suffers from intense and persistent headaches, nausea, vomiting.
- He/She is irritable, behaves strangely, or has seizures.
- He/She has one or more significant head injuries.
- He/She complains of loss of sensitivity or tingling, particularly in the extremities.
- He/She suffers from pain in his neck or back.
- He/She has an obvious deformity of the head, neck or spine.
- He/She presents numbness, paralysis of one or more limbs or muscle weakness.



03

## RESCUE

- Ask someone present to **alert the emergency medical services** or do it yourself if you are alone and follow their instructions.
- Firmly advise the injured person not to make any movements, especially of the head. If possible, **hold his head in the position it is in** with both hands.
- In all cases of trauma, **do not move the victim unless for safety reasons**, in which case ask another person to help you keep their head in line with the spine while you move them.
- **If the victim is unresponsive and breathing normally** and spinal trauma is suspected, leave the victim in the position you found them. **Keep the airway open** using the head tilt and chin lift maneuver. Gently support the victim's head in this position.
- **Continue to monitor his breathing** and his level of reaction.

