

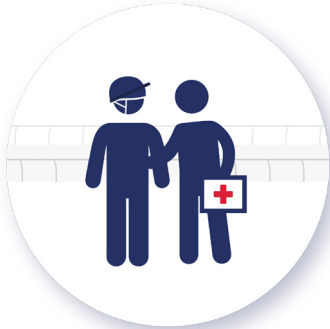
CONCUSSION AWARENESS

Concussion is an injury to the brain that can happen after a fall or impact to the head or body. Even if it looks like the symptoms are mild, it can have serious effects if not managed well.



RECOGNISE

Look out for symptoms of concussion after an injury



REMOVE

Remove the person away from danger and get medical help



RECOVER

Be patient and give your brain time to recover



RETURN

Follow the Gradual Return to Riding guidelines

IF IN DOUBT, SIT THEM OUT

NHS **EMERGENCY** **FIRST AID CONTACT**
111 **999**



SCAN FOR
MORE DETAILS