



First Aid Bumped Head Policy & Procedure

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A minor head injury can be a frequent occurrence in the school playground. Fortunately, the majority of head injuries are mild and do not lead to complications or require hospital admission. However, a small number of children may suffer from a severe injury to the brain, or concussion.

Complications such as bleeding, bruising or swelling can happen inside the skull or inside the brain up to 24 hours after the bump to the head. The presence or absence of a lump at the site of the bump is not an indication of the severity of the head injury.

If a child has a bump to their head at school, they will be given first aid which will include a cold compress, and a parent/carer will be contacted by phone.

The child will be given a yellow sticker to wear to alert school staff and the parent/carer to the fact the child has had a bump to the head.

The child should avoid any activities such as PE which could lead to another bump.

Following concussion guidance from the government for all grassroots sports

[Landmark concussion guidance for grassroots sport published - GOV.UK](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/612222/landmark-concussion-guidance-for-grassroots-sport.pdf)
(www.gov.uk)

'If in doubt, sit them out'

-making it clear no-one should return to sport within 24 hrs of a suspected concussion.

Players, parents, coaches, teachers and administrators are now asked to read the guidance and familiarise themselves with the necessary steps to:

- RECOGNISE the signs of concussion;
- REMOVE anyone suspected of being concussed immediately and;
- RETURN safely to daily activity, education/work and, ultimately, sport.

The guidelines include a recommendation to call NHS 111 within 24 hours of a potential concussion, to rest and sleep as much as needed for the first 24 to 48 hours and avoid using devices which involve screen time.

Following a head injury-

if any of the following symptoms are noticed over the following 24 hours, further medical advice should be sought urgently, either by calling 999 for an ambulance or going directly to A&E:

- Any vomiting or sickness.
- Unconsciousness or lack of consciousness (for example problems keeping eyes open or increasing sleepiness).
- Headache that won't go away.
- Problems with understanding, speaking, reading or writing, or any problems with memory.
- A change in behaviour, like being more irritable.
- Numbness or loss of feeling in any part of the body.
- Problems with balance or walking, or general weakness or clumsiness.
- Dizziness.
- Any changes in eyesight - blurred or double vision.
- Any clear fluid running from the ears or nose or bleeding from the ears.
- Any convulsions or having a fit.

Please visit the [NHS website](#) for more information, and