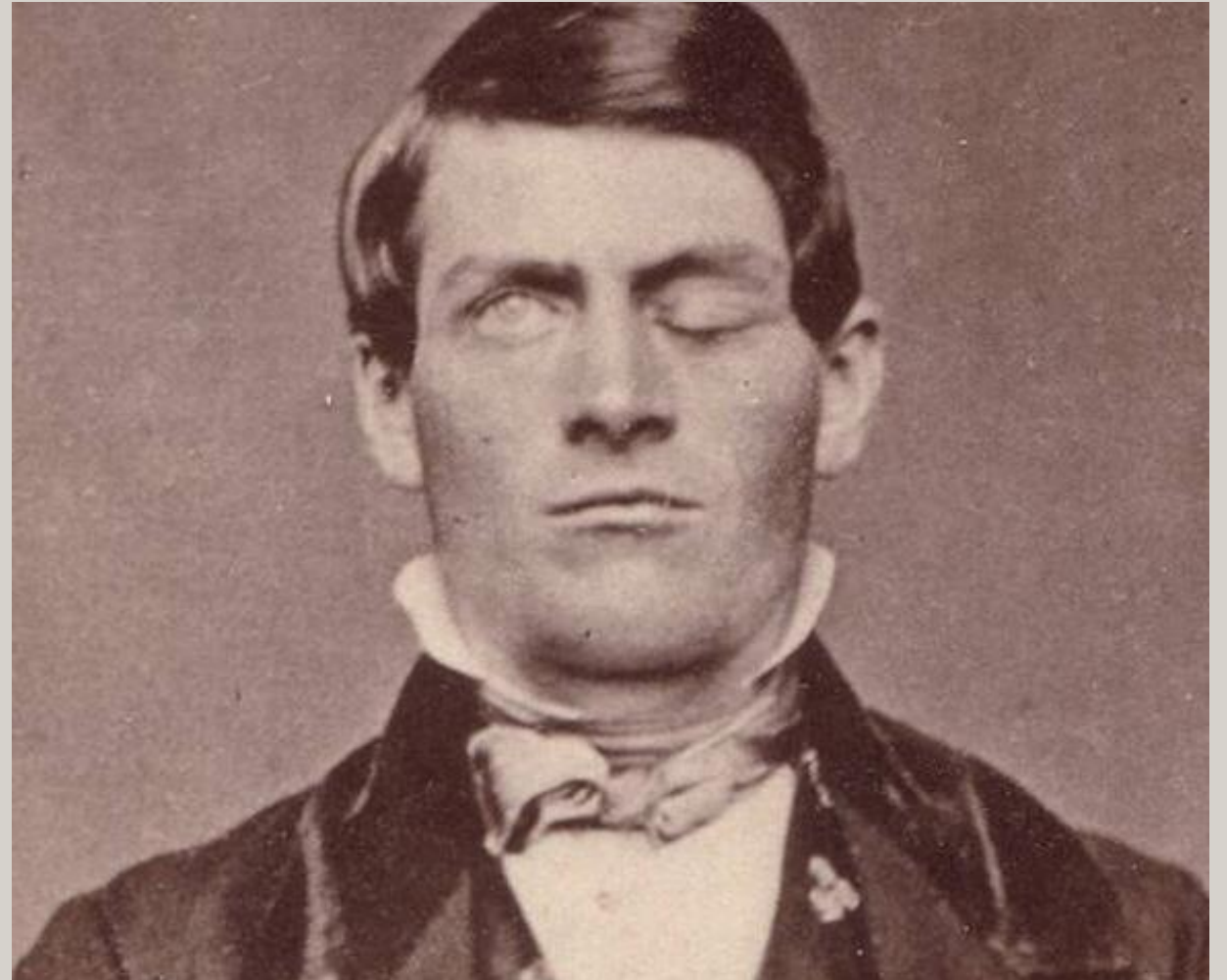


Toolbox Talk – Head Injuries



Head Injuries

Phineas Gage became the first person to provide evidence that damage to the brain could affect our behaviour and personality back in 1848



What is a Head Injury?



A head injury is any sort of injury to your brain, skull, or scalp.

This can range from a mild bump or bruise to a traumatic brain injury (TBI).

Common head injuries include concussions, skull fractures, and scalp wounds.

The consequences and treatments vary greatly, depending on what caused your head injury and how severe it is.

Head Injury

Two types of Head Injury are:



Traumatic Brain Injury



Injury to the brain
caused by trauma
to the head



**Minor Head Injury
and Concussion**

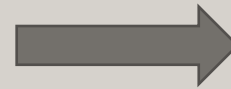


Concussion or
post-concussion
syndrome

Head Injury



Causes of Traumatic Brain Injuries, Minor Head Injuries and Concussions can be:



Falls

Vehicle accidents

Struck by an object

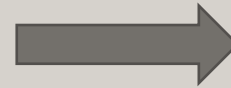
Striking head against

Slips and trips

Sports

Brain Injury

Mild Traumatic Brain Injury can cause:



- Headaches
- Nausea or vomiting
- Fatigue or drowsiness
- Problems with speech
- Dizziness or loss of balance
- Sensory problems
- Sensitivity to light or sound
- Loss of consciousness
- A state of being dazed, confused
- Memory or concentration problems
- Mood changes or mood swings
- Feeling depressed or anxious
- Difficulty sleeping
- Sleeping more than usual

Traumatic Brain Injury Statistics



- An estimated 57 million TBIs occur worldwide annually.
- In the US alone, approximately 1.7 million people are diagnosed with a TBI each year and the financial loss is over \$75 billion.
- Industrial workers are at significant risk of TBIs. According to a recent database analysis, workplace or work-related TBI's account for 17.9% of all TBI's.
- In the United Kingdom alone, there were 348,453 work-related TBI cases admitted to hospital in 2019–2020.
- Falls have been identified as the leading cause of work related TBI's, accounting for 50% to 70% of all cases.

Injury Statistics



Workplace fatalities – the facts

Between 2021 and 2022, 123 people were killed as a result of accidents in the workplace. Over 70% of these fatalities occurred in the following four industries:

- **Construction:** 30 deaths
- **Agriculture and forestry:** 22 deaths
- **Manufacturing:** 22 deaths
- **Transport and storage:** 16 deaths

These deaths occurred as a result of the following sorts of accidents:

- **Falls from height:** 29 deaths
- **Struck by a moving vehicle:** 23 deaths
- **Struck by a moving object:** 18 deaths
- **Trapped by something collapsing/overtipping:** 14 deaths
- **Contact with moving machinery:** 15 deaths

Injury Statistics



Workplace fatalities – the facts

A head injury may be attributed to over half these deaths:

All injuries	123
Amputation	
Loss or reduction of sight	
Fracture	8
Dislocation	
Concussion and internal injuries	22
Lacerations and open wounds	3
Contusions	2
Burns	3
Poisonings and gassings	4
Sprains and strains	
Superficial injuries	
Multiple injuries	38
Other injuries caused by contact with electricity	8
Natural causes	
Injuries not elsewhere classified	22
Injuries not known	13

But we just don't know due to the way they are reported.....

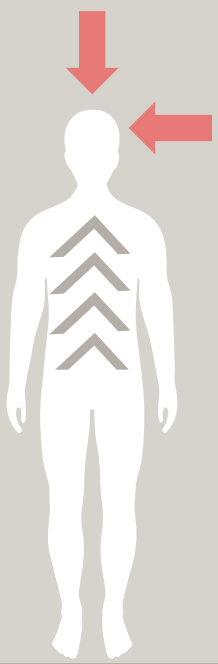
There Are Two Types Of Impacts



STRAIGHT

Or

ANGLED

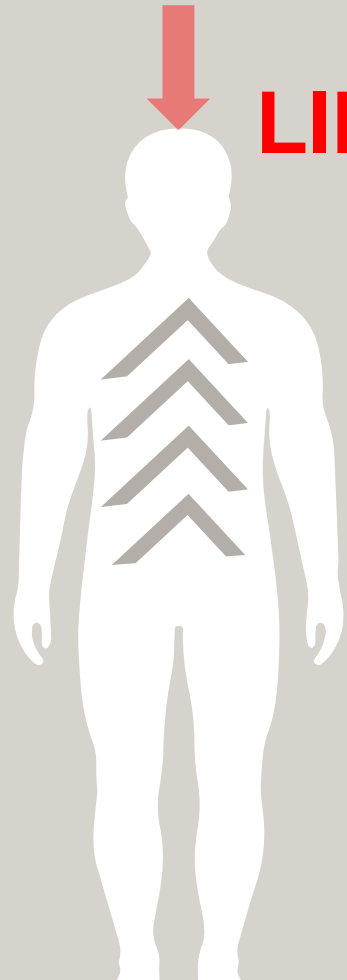


Impacts



Our brain should cope fairly well with linear impacts or forces.

Our brain can't cope as well with angled impacts or rotational forces



LINEAR FORCE

FRACTURE
CONTUSION

**LINEAR FORCE +
ROTATIONAL FORCE**



CONCUSSION
SDH (*SUBDURAL HEMATOMA*)
DAI (*DIFFUSE AXONAL INJURY*)

Look After Your Hard Hat



- Check for deep scuffs or scratches
- Check the chinstrap is in good condition
- Do not put any **unchecked stickers** or **pen** on the safety helmet
- Check your helmet is CE marked and approved to a standard
- Remember the standard is the minimum level of protection so look for something that provides more protection
- Check your date of manufacturer look for the clock or other indicator inside the helmet
- Do not wear any **unlicensed** headwear underneath your helmet
- Do not throw your safety helmet around
- When not being used place in a helmet bag or store somewhere safe



What Can You Do To Reduce Risk



- Understand head injuries and symptoms of concussion
- Wear the correct head protection according to the risk
- Do not take unnecessary risks
- Take regular breaks to keep your concentration levels
- Feed your brain! Junk food is ok occasionally but eat healthily as this promotes cell growth (vitamin E)
- Never think it won't happen to you!
- Look after your equipment it may save your life one day!
- Participate in hard hat awareness week and sign up to understand head injuries more





Hard Hat
AWARENESS WEEK