

# Injury Prevention

## FURTHERING HEAD INJURY



### WHAT TO CONSIDER AFTER AN EMPLOYEE HAS A HEAD INJURY

- Employees commonly have poor concentration, fatigue, and dizziness during the first few days. **Limit high-risk decision making** as this can affect mental health and the injury itself.
- **Be cautious of your employee's environment:**
  - Limit light and visual stimulus
    - Dim screen lighting
    - Print as much as possible to decrease screen time
  - Noise
    - Limit music or constant background noise
    - Being in a room with multiple conversations happening can be stressful and should try to be avoided
  - Smell
    - Avoid extra scents like lotions, perfumes, and oils
    - Discard air fresheners and avoid areas with direct fumes
- Consider **Return to Work** opportunities like:
  - Project-based jobs that they can work on from home
  - Work that can be self-paced and allows for breaks
  - Work that is in a controlled environment
- Keep in mind that recovering from a head injury is a timely process. **Supporting your employee** is the best thing you can do to improve the process.