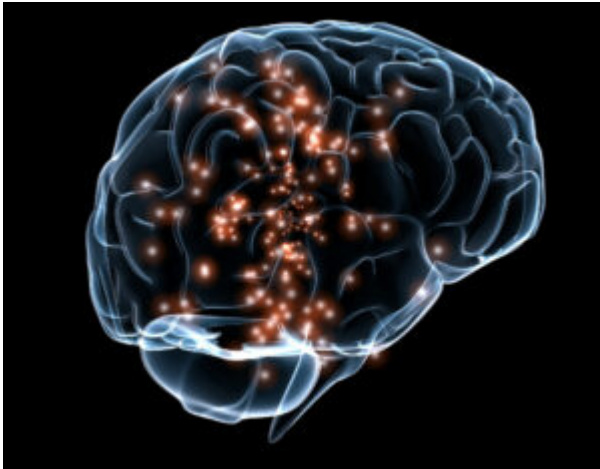


June Is Brain Injury Awareness Month in Canada



In Canada, June is Brain Injury Awareness Month. According to Brain Injury Canada, brain injury is a silent epidemic in this country—it's the number one killer and disabler of people under the age of 44.

Statistics indicate that incidences of brain injury, which includes concussions, are two times greater among men, although women take longer to recover from a brain injury.

Acquired brain injury is defined as a non-degenerative and non-congenital insult to the brain that may result in a diminished or altered state of consciousness, and result in impaired cognitive, physical, emotional and/or behavioural functioning.

The social, emotional and economic consequences of brain injury are devastating not only to the survivors themselves, but also to family members, caregivers, support workers and the community at large. And currently, there are no drugs or techniques that can cure a brain injury.

To protect workers from sustaining a brain injury, take steps to protect their heads and to educate them on avoiding such injuries. For example, use these OHS Insider tools, articles and other resources:

- Concussion Toolbox Talk Handout
- PPE: Take 5 Steps to Comply with the Safety Headwear Requirements
- Head Safety Toolbox Talk Handout
- Spot the Safety Violation: A Lot of Good this Sign Is Doing
- A hardhat inspection checklist.

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