

CAN PROTECTIVE EQUIPMENT PREVENT SPORT-RELATED CONCUSSIONS



Research shows that...

HELMETS

- ✓ Reduce the risk of severe brain trauma
- ✓ Protect the head by absorbing the forces of an impact
- ? May reduce concussion symptom duration and severity
- ✗ Do not consistently prevent concussions



HEADGEAR

- ✓ Reduces the risk of cuts and bruises
- ✗ Does not consistently prevent concussions



MOUTHGUARDS

- ✓ Reduce the risk of injuries to teeth, gums, lips and jaw
- ? May reduce concussion risk



Protective equipment can prevent a wide range of sport injuries, but may not be effective for the prevention of concussions. More research is needed to know for sure!

Did you know?

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Athletes who thought their headgear prevented concussions were

4X MORE LIKELY

to exhibit **aggressive playing behaviours**, which could increase their risk of injury.
(Menger et al., 2016) ^o

Athletes should:

- ▶ Wear equipment that fits them properly
- ▶ Check the fit of their helmet regularly
- ▶ Understand the roles and limitations of their equipment



The way a helmet fits can change throughout the season. To make sure that athletes are well protected, consider re-checking helmet fit at regular intervals during the season.

While protective equipment may not prevent concussions, it is critically important that athletes wear the recommended equipment for their sport to protect themselves from other serious injuries.

#HeadstrongCanada

For more information visit sirc.ca/concussion^o

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