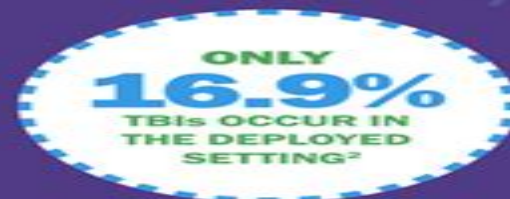


# BRAIN INJURY AWARENESS



A traumatic brain injury—or TBI—is a blow or jolt to the head that disrupts the normal function of the brain.

The severity of the TBI is determined at the time of the injury and may be classified as: mild, moderate, severe, or penetrating.



## WHAT TYPES OF ACTIVITIES CAN LEAD TO A TBI?



Military  
Training  
Exercises



Sports and  
Recreational  
Activities



Motor  
Vehicle  
Collisions

## HOW CAN I BE A BRAIN WARRIOR?

### PROTECT

- Wear a helmet
- Practice safe driving techniques
- Be aware of your surroundings
- Check out [health.mil/AHFTF](https://health.mil/AHFTF) for more safety tips

### TREAT

- See your health care provider as soon as you experience a potentially concussive event
- Learn to recognize signs and symptoms of TBI, including headaches, trouble sleeping, and blurred or double vision
- Check out [health.mil/TBIFactSheets](https://health.mil/TBIFactSheets) for more information

### OPTIMIZE

- Learn how to advocate for a loved one with TBI while ensuring your own emotional and physical health
- Ask your medical provider to explain the steps on your recovery journey and how to safely return to duty
- Check out [health.mil/TBIPatientResources](https://health.mil/TBIPatientResources) for more information

\* TBICoE 2024 DOD Worldwide Numbers for TBI. DOD TBI Worldwide Numbers since 2000. [health.mil/TBInumbers](https://health.mil/TBInumbers)

\*Agimi Y, Regasa LE, Stout KC. Incidence of traumatic brain injury in the U.S. military, 2010-2014. *Mil Med*. 2019;184(5-6):e233-41.

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**Community Series: Police Trauma, Loss, and Resilience, volume II** Konstantinos Papazoglou, Michael David Schlosser, Katy Kamkar, 2024-05-17 Police work increases the risk of psychological work related injuries substantially. As a result of repeated exposure to trauma, police and first responders have more than twice the risk of developing Posttraumatic Stress Disorder (PTSD) when compared to the general population. We often hear of the impact of PTSD and depression on police officers' health and overall functioning, including on their work performance. Both PTSD and depression are part of Operational Stress Injuries (OSI) which describe any persistent psychological difficulty that results from operational or service related duties. Next to depression and PTSD, OSI includes anxiety disorders, substance use disorders, injury and pain, sleep disturbances, and other conditions that may interfere with daily functioning. Importantly, factors frequently observed in police officers such as burnout, moral injury, and compassion fatigue present additional mental health issues further contribute to the maintenance and exacerbation of their psychological symptomatology, thereby prolonging recovery and contributing to the chronicity of disability, suffering, and pain. Causes of Action Pascoe Pleasence, Great Britain: Legal Services Commission, Nigel Balmer, Legal Services Research Centre, Alexy Buck, 2006-03-23 Civil law provides a framework within which people conduct their daily lives and civil court cases often relate to problems that affect people's basic life opportunities and well-being. This is the 2nd edition of this publication which sets out the key findings of surveys conducted in England and Wales in 2001 and 2004, the most extensive of its kind so far undertaken to examine people's experiences of civil law problems, including exploring social, economic, and health consequences. Issues discussed include the links between the civil justice system, crime, and social exclusion; the relatively infrequent use of formal legal processes; and the obstacles that can prevent problems being resolved. National Library of Medicine Current Catalog National Library of Medicine (U.S.), 1971 **Fee Imposition Report**, 2002 **Newsletters in Print** Gale Group, 2002-11-26 With descriptions of more than 12,000 newsletters in 4,000 different subject areas, this comprehensive resource is an invaluable research tool. **Chief Officer: Principles and Practice** David J. Purchase, 2015-12-18 Chief officers need to know how to make the transition from company officer to chief officer. *Chief Officer: Principles and Practice* is designed to help make the transition from company officer to chief officer a smooth evolution. Covering the entire scope of Levels III and IV from the 2014 Edition of NFPA 1021 Standard for Fire Officer Professional Qualifications, *Chief Officer: Principles and Practice* is your complete Fire Officer III/IV training solution. *Resources in Education*, 1988 Bulletin to Management, 2006 *Serials in the British Library*, 2008 Current Catalog National Library of Medicine (U.S.), 1967 Includes subject section, name section, and 1968-1970 technical reports. BNA's Workers' Compensation Report, 1994 **Physicians Fee & Coding Guide**, 2011 **Fast Help for Major Medical Conditions** Caryn E. Anders, Lynn M. Pearce, 2000 Instant answers to common medical questions are covered in 100 condition-specific essays. Also includes lists of associations, agencies, clinics, and treatment centers. New

*York Medical Journal* ,1897      **Behavior & Society** ,1988      Journal of the Senate, State of Florida Florida. Legislature.  
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