

Concussion in Baseball - Prevention Tips



- Make sure athletes always wear a batting helmet that fits well and is in good condition.
- Teach athletes proper fielding techniques and ways to avoid collisions with other athletes.
- Work with the game or event administrator to remove tripping hazards and ensure that equipment has padding that is in good condition.

Why This Is Important'

- About 1 in 4 concussions in high school baseball result from a player from being hit by the pitch (26%).
- Over a quarter of concussions (26%) in high school baseball happen when an athlete is fielding a batted ball.