INJURY is the LEADING CAUSE of DEATH for Canadians aged 0 to 44.

What types of injuries are common in CENTRAL EAST Ontario?

ER Visits
The injuries that present in emergency rooms are reported by hospitals.

Falls
188,315
Falling Objects **
175,829
Sports and Rec
83,519

Hospital Admissions
The injuries that require a person to be treated in the hospital are recorded.

Falls
15,811
Crashes
2,070
Self-Harm
2,047
Crashes
832

Fatalities
Fatal injuries are recorded by hospitals.

Falls
1,036
Self-Harm
1,022

What injuries cause ER VISITS* in Central East Ontario?

What injuries cause HOSPITAL ADMISSIONS* in Central East Ontario?

What injuries cause FATALITIES* in Central East Ontario?

SOME WAYS TO PREVENT INJURY

Falls
Remove hazards | Balance
Self-Harm
Early intervention | Mental health awareness
Motor vehicle collisions
Be alert & aware | Wear seat belts
Sports and Rec
Protective gear | Training
Falling Objects **
Be aware of your surroundings

Injuries are NOT “accidents”
They are PREDICTABLE and PREVENTABLE.

What can we do to prevent them?

www.oninjuryresources.ca

Information from the Ontario Regional Injury Data Report produced by the Ontario Injury Prevention Resource Centre

*All numbers are injury counts, rates per 100,000 are available in the full report
**Falling objects refers to injuries within the inanimate category within the ICD-10 Coding system