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

What types of injuries are common in CENTRAL WEST Ontario?

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

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

Fatalities
Fatal injuries are recorded by hospitals.

What injuries cause ER VISITS* in Central West Ontario?
- Falls: 149,693
- Falling Objects **: 145,478
- Sports and Rec: 65,266

What injuries cause HOSPITAL ADMISSIONS* in Central West Ontario?
- Falls: 15,444
- Falling Objects **: 1,949
- Crashes: 1,894

What injuries cause FATALITIES* in Central West Ontario?
- Falls: 1,028
- Self-Harm: 939
- Crashes: 634

What can we do to prevent them?

Injuries are NOT “accidents” They are PREDICTABLE and PREVENTABLE

Some Ways to Prevent Injury

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

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

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