

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

What types of injuries are common in **CENTRAL WEST** Ontario?

We can track the **types and causes of injuries** **3** different ways

**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

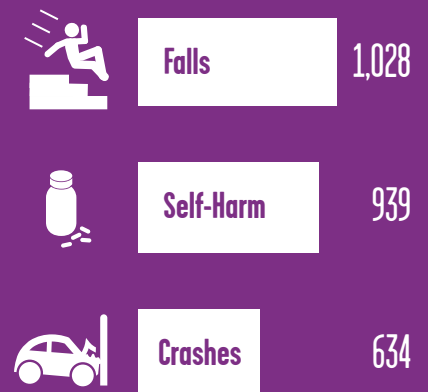
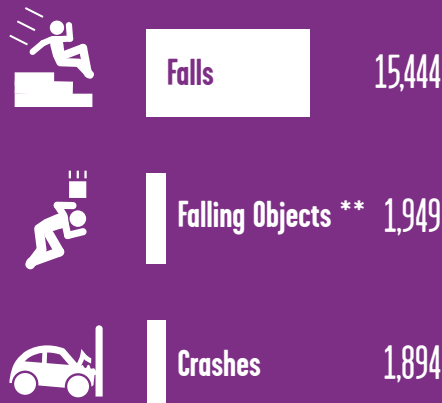
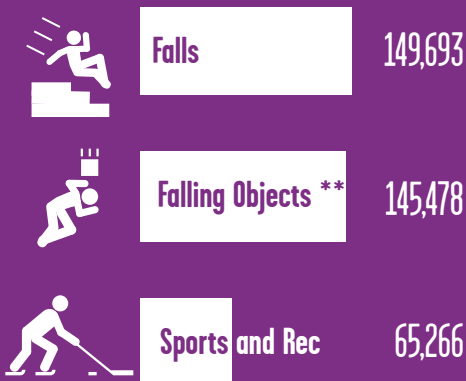
**Fatalities**

Fatal injuries are recorded by hospitals

What injuries cause **ER VISITS\*** in Central West Ontario?

What injuries cause **HOSPITAL ADMISSIONS\*** in Central West Ontario?

What injuries cause **FATALITIES\*** in Central West Ontario?



**SOME WAYS TO PREVENT INJURY**

Injuries are **NOT** "accidents" They are **PREDICTABLE** and **PREVENTABLE** What can we do to prevent them?



**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

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