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

What types of injuries are common in EASTERN Ontario?

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

What injuries cause ER VISITS* in Eastern Ontario?
- Falls: 109,997
- Falling Objects**: 100,218
- Sports and Rec: 53,087

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

What injuries cause HOSPITAL ADMISSIONS* in Eastern Ontario?
- Falls: 10,286
- Self-harm: 1,176
- Crashes: 1,115

Fatalities
Fatal injuries are recorded by hospitals.

What injuries cause FATALITIES* in Eastern Ontario?
- Self-Harm: 699
- Falls: 569
- Crashes: 447

SOME WAYS TO PREVENT INJURY

- Motor vehicle collisions: Wear seatbelts | Be alert and aware
- Falling Objects**: Be aware of your surroundings
- Falls: Remove hazards | Balance exercises
- Self-harm: Early intervention | Mental Health Awareness
- Sports and Rec: Protective Gear | Training

Injuries are NOT “accidents” They are PREDICTABLE and PREVENTABLE

What can we do to prevent them?

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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