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

What types of injuries are common in NORTHERN Ontario?

We can track the types and causes of injuries in 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 Northern Ontario?
- Falling Objects**: 71,755
- Falls: 67,852
- Sports and Rec: 32,245

What injuries cause HOSPITAL ADMISSIONS* in Northern Ontario?
- Falls: 6,524
- Self-Harm: 1,493
- Falling Objects**: 1,079

What injuries cause FATALITIES* in Northern Ontario?
- Self-Harm: 590
- Crashes: 344
- Falls: 337

SOME WAYS TO PREVENT INJURY

- Crashes: Wear seat belts | Be alert and aware
- Self-harm: Early intervention | Mental health awareness
- Falling objects**: Be aware of surroundings
- Sports and Rec: Protective gear | Training
- Falls: Remove hazards | Exercise

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.

www.oninjuryresources.ca