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

What types of injuries are common in SOUTH WEST 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 South West Ontario?
- Falling Objects** 116,141
- Falls 111,699
- Sports and Rec 50,386

What injuries cause HOSPITAL ADMISSIONS* in South West Ontario?
- Falls 10,291
- Falling Objects** 1,397
- Crashes 1,397

What injuries cause FATALITIES* in South West Ontario?
- Crashes 704
- Self-harm 693
- Falls 645

SOME WAYS TO PREVENT INJURY

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

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

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