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

What types of injuries are common in TORONTO?

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

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 Toronto?
- Falls 127,770
- Falling Objects** 100,112
- Sports and Rec 39,530

What injuries cause HOSPITAL ADMISSIONS* in Toronto?
- Falls 13,779
- Falling Objects** 1,538
- Self-Harm 1,254

What injuries cause FATALITIES* in Toronto?
- Falls 1,045
- Self-Harm 1,080
- Poisoning 371

SOME WAYS TO PREVENT INJURY

Injuries are NOT “accidents” They are PREDICTABLE and PREVENTABLE.

Falls
- Remove hazards | Balance

Sports and Rec
- Protective gear | Training

Self-Harm
- Early Intervention | Mental health awareness

Falling Objects**
- Be aware of your surroundings

Poisoning
- Smart storage | Active Supervision

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