



# Ontario Injury Prevention Resource Centre

## Fundamentals for Injury Prevention Practitioners Online Training Modules

### Purpose

Through an overview of principles, theories, evidence, and methods in injury prevention, these modules provide:

- ▶ a foundation for practitioners new to injury prevention
- ▶ a refresher for practitioners who are experienced in the field
- ▶ a concise overview of the landscape of injury prevention in Ontario

### Audience

Injury prevention practitioners in Ontario, or anyone interested in the field of injury prevention.

### Content & Learning Objectives

The *Fundamentals for Injury Prevention Practitioners* training consists of 5 modules:

#### Module 1: Introduction to Injury Prevention

##### Content includes:

- The definition of injury
- The burden of injury in Canada
- The definition of injury prevention
- Models and theories in injury prevention

##### After completing this module you should be able to:

1. define injury and describe the scale of the injury issue
2. define injury prevention
3. understand the principal models and theories used in injury prevention, including the Haddon Matrix and the 3 E's.

#### Module 2: Common Types of Injuries and their Risk Factors

##### Content includes:

- Types of injury and their risk factors, including falls, motor vehicle collisions, and more
- Age as a consideration for injury risk

##### After completing this module you should be able to:

1. list the major causes of injury in Ontario
2. identify risk factors for major causes of injury in Ontario
3. understand why age is an important consideration for discussing risk factors for injury

#### Module 3: Injury Prevention Strategies

##### Content includes:

- Evidence-informed prevention strategies for major causes of injury
- Examples of injury prevention programs, practices, and policies in Ontario

**After completing this module you should be able to:**

1. gain familiarity with evidence-informed prevention strategies for common types of injury
2. recognize how prevention strategies reflect the 3 E's of injury prevention

#### Module 4: Social Determinants of Health and Injury

**Content includes:**

- An overview of the evidence linking social determinants of health to injury
- Examples of injury prevention strategies that apply a social determinants lens

**After completing this module you should be able to:**

1. understand the link between the social determinants of health and injury
2. explain, using examples, how social determinants affect injury rates and injury risk
3. envision ways a social determinants lens can be applied to injury prevention practice

#### Module 5: Landscape of Injury Prevention in Ontario

**Content includes:**

- An overview of who is involved in injury prevention in Ontario
- The roles different organizations play to support injury prevention in Ontario
- Examples of local, provincial, and national partners in injury prevention

**After completing this module you should be able to:**

1. identify organizations and networks formally involved in injury prevention in Ontario
2. understand the roles of these organizations and networks in relation to injury prevention in Ontario, including the supportive role of the OIPRC
3. recognize the importance of collaboration in the field of injury prevention, including engagement with local, provincial, and national partners.

#### Resource Guide

The modules are accompanied by a downloadable guide to key injury prevention resources, including publications, websites, and surveillance databases.

#### Comprehension Testing & Certificate of Completion

After completing the modules, participants can assess their comprehension of the content by completing an online test. Participants who pass the test have the option to download a Certificate of Completion.

**Questions? Contact Stephanie Cowle, [scowle@parachutecanada.org](mailto:scowle@parachutecanada.org)**



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