

**For Immediate Release:****July 5, 2022****London Health Sciences Centre recognizes National Injury Prevention Day**

**(LONDON, Ontario)** – Approximately one-third of Canadians ages one to 34 die from unintentional injuries each year, and London Health Sciences Centre (LHSC) wishes to emphasize the importance of injury prevention to the public on this National Injury Prevention Day.

“In 2021, LHSC saw 161 paediatric and 829 adult trauma patients related to unintentional injuries,” said Jennifer Britton, Injury Prevention Specialist at LHSC. “The cost of unintentional injuries is significant and expands beyond just the cost of medical care. Today we are proud to partner with Parachute Canada in the effort to raise awareness about preventable injuries.”

The purpose behind Parachute’s National Injury Prevention Day is to engage the public and educate Canadians on predictable and preventable injuries to ensure they’re able to live long, full lives. According to the most recent data from [Parachute](#), injury costs the Canadian economy \$29.4 billion dollars, and over 17,000 lives every year.

According to data from LHSC, the three primary causes of injury in paediatric trauma patients in 2021 were Motor Vehicle Collisions (MVC), Other and Recreational Vehicles. From the adult trauma patients, the primary causes of injury were MVC, and falls. The category of other causes of injury can include but is not limited to: cycling collisions not involving a motor vehicle, animal riding or fall from an animal, and being struck by a thrown or falling object.

Some tips from the LHSC team to prevent injury include:

- Think twice, act once. Make sure you’re mindful and aware of your surroundings.
- Be prepared. Wear the proper safety equipment, and plan ahead.

- See something, say something. When you see others around you doing something unsafe, speak up. Help protect those around you.

“We can be part of the preventative action to inform ourselves and others on the importance of preventing serious injuries on the road, at home and at play,” Britton continued. “LHSC is the Lead Regional Trauma Centre for Southwest Ontario, which means we treat those most severely injured and often the injuries treated are both preventable and predictable.”

### Quick Facts

- Every day, 48 Canadians die and 634 are hospitalized because of injuries
- Falls are the leading cause of injury deaths, hospitalizations, emergency department visits and disabilities in Canada
- In 2021, LHSC saw 161 paediatric and 829 adult trauma patients related to unintentional injuries
- Injury costs the Canadian economy \$29.4 billion dollars, and over 17,000 lives every year.

### About London Health Sciences Centre

As one of Canada’s largest acute-care teaching hospitals, LHSC is dedicated to providing exceptional patient care, while championing the spirit of medical advancement through teaching practices and breakthrough research. For 146 years, LHSC has been an integral part of the London community offering compassionate medical care for its people, as well as those across the Southwestern Ontario region, and the world. National and international medical firsts have been pioneered at LHSC, including the discovery of vinblastine and the use of cobalt radiation transforming the lives of people across the globe. Through collaborative partnerships with Western University and over 30 educational institutions, more than 1,800 health care professionals actively seek out training opportunities each year at LHSC, acknowledging the opportunity to work alongside some of Canada’s top medical scholars. With more than 15,000 staff, physicians, and residents, LHSC is committed to achieving its vision ‘*Working together to shape the future of health*’. More information about LHSC can be found at [www.lhsc.on.ca](http://www.lhsc.on.ca).

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