

INJURY PREVENTION

Injury is the leading cause of death for people between the ages of 1 and 45 years old.

WHAT IS AN INJURY?

Injury is damage to your body caused by an external force, such as falling or being hit by an object.



Unintentional Injuries:

Falls, motor vehicle crashes, poisoning, drowning, burns



Intentional Injuries:

Violence, suicide, and any other injury caused by purposeful intent

TYPES OF INJURIES

Injuries can be **unintentional**, like falls or crashes, or **intentional**, like violence.

ARE ALL INJURIES PREVENTABLE?

Yes! All injuries are both predictable and preventable. We can use findings from research to predict when injuries occur, and use best practices to help prevent these injuries from happening.

Categories of Injury Prevention

PRIMARY PREVENTION

Seeks to totally eliminate the injury incident from occurring.



Signage to make our roads safer and prevent crashes from occurring



Seat belts to reduce severity of injury if a crash happens

SECONDARY PREVENTION

Minimizes the severity of injuries that occur during incidents that cannot be primarily prevented.

TERTIARY PREVENTION

Involves efforts following an injury incident that will optimize the outcome from injury, regardless of injury severity.



Physical therapy to improve outcome of injury from car crash